



GVSU Distance Clinics

GVSU Distance Clinics will be held beginning January 11th, offering athletes an opportunity to workout indoors in preparation for the upcoming track season.

- Clinics will be held each Sunday beginning January 11th through March 8th starting at 6pm (9 clinics) under the complete supervision of the GVSU coaching staff
- Clinics will be held in the new Laker Turf Building. The LTB is features a 300 meter mondo track with a field turf infield
- Clinics will cost \$10/session, checks payable to GVSU Track
- Workouts will focus on building aerobic strength with some light speed work. Goal will be to not only to get in shape, but to learn to be smart and controlled with their workouts/training

Typical sessions could include:

- 10 min warm up
- Hurdle Mobility
- Form Drills/Active Stretch
- GVSU Explosive Training Plyos & Circuit
- Short Static Stretch/Coach overview of workout
- Workout
- Cool down and stretch
- GVSU Distance Circuit Weight Training/Core Session

**For more information please contact Coach Lynn at
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