

# 2024 HEBRON RUNNING CAMPS

## *CROSS COUNTRY/DISTANCE CAMPS (\$100)*

JUNE 3-6, 2024- 7 AM to 9 AM

FOCUS: Fundamentals of distance running;  
Running mechanics; 400m to 5K training groups;  
Nutrition

## *TRACK/SPEED CAMP (\$100)*

JUNE 3-6, 2024- 9:30 AM to 11:30 AM

FOCUS: Sprint mechanics; Weight training;  
Blocks/Relays; 100m to 800m training groups;  
Sprint progression

### WHO CAN ATTEND?

Incoming 1st through  
incoming 9th graders

SCAN THE QR CODE  
FOR REGISTRATION!

### CONTACT INFO

Chance Edwards  
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### WHERE?

Hebron High School  
Brian Brazil Stadium



### PAYMENT

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