



LNR High Performance Team Collegiate Summer Program 2021

Dates: May 15th through August 15th

Coach Staff

Head Coach Caitlin Gregg

Assistant Coaches - Brian Gregg, Jeremy Hecker, Doug Debold and Heidi Mowgli

Weekly Schedule

Monday: Day OFF

Tuesday: 7AM-9AM

Wednesday: 7AM-9AM Strength at Trailhead: 4PM-6PM

Thursday: 7AM-9AM

Friday: On your Own

Saturday: 8AM-10AM Strength at Trailhead: 4PM-6PM

Sunday: 8AM-11AM

Program Fee

\$950

What's Included:

- Great coaching staff
- Summer Training Plan
- Organized team practices - 5-7 sessions per week depending on cycle
- Lactate Profile Testing
- Periodized Summer Strength Plan with strength sessions at Trailhead
- Regular Video Analysis and Technique Review
- 1 Treadmill Session at Pioneer Midwest - awesome technique tool

Training Camps?

To be announced- possible low expense camps to Hayward in June, Colorado in July