



Summer Youth Programs

The Fitness Pursuit
1186 E. Washington St
Grayslake, IL 60030
847-986-2727
www.thefitnesspursuit.com

Competitive Running

Cross Country & Track Distance Athletes

- Designed for ages 11-17
- Thur 10:30am-starting June 13th
- 75min
- Until August 8th
- \$150

Program will consist of outside run intervals, treadmill run intervals, resisted running with tire & parachute, agility, core, functional resistance training, stretching and foam rolling. Program is for serious athletes, not beginners. Athlete must be involved in a sport that requires running. They need to be running 2-3x's a week on their own, eating well to perform & recover, have outdoor running shoes & clothing, have inside only running shoes and clothing and be ready to be challenged weekly!



Speed & Agility

Sports & Track Sprint Athletes

- Designed for ages 11-17
- Monday 11am starting June 8th
- 75min
- Until August 5th
- \$150

Program will consist of outside & treadmill running, speed drills, agility challenges, resisted running with tire & parachute, agility, core, functional resistance training, stretching and foam rolling. Program is for serious athletes, not beginners. Athlete must be involved in a sport that requires sprinting. They need to be running 2-3x's a week on their own, eating well to perform & recover, have outdoor running shoes & clothing, have inside only running shoes and clothing and be ready to be challenged weekly!



Youth TRI

Youth looking to prepare for a Triathlon

Summer Program to have 7-14 yr olds ready to race youth triathlons. \$75 will get the youth 12 sessions for the summer but they must register for all of the sessions they plan to attend.

Registration opens Sun May 19th at 9pm. All LIMITED to first 30 to register

www.thefitnesspursuit.com/content

