

LBHS Girls Cross Country Summer Camp

July 5th-Aug 19th



Location: El Morro Elementary

Time: 8:00-10:30 AM

Days: Mon-Sat

Cost: \$500

COACHES:

Head Coach: Steve Lalim
(slalim@lbusd.org)

Assistant Coaches: Aliya Neal, Tyre Hines

Each year Cross Country is one of the most fun, successful and popular sports at Laguna Beach High School. The summer training program is very mild for first-time runners and is very important to a successful season in the fall. Each season, those who work hard during the summer months are rewarded with outstanding performances in the fall. The summer camp is a great time to develop new friendships, base training, and overall fitness for the upcoming season.

TRAINING:

The summer camp training is focused on building an aerobic base. Aerobic training includes fartlek style workouts, tempo workouts, recovery runs, easy runs, and long runs. Athletes will be running 5-6 days per week. Volume is dependent upon age and experience.

REGISTRATION:

Register online at:
<https://lbhs.lbusd.org/athletics/summer-programs>