

# Volume Intensity Off Season Training Camp

Take your Athletic Performance to the next level!!!

Advance Your Potential with Volume Intensity.

This Course begins June 15th and will conclude August 28th. It is designed to help athletes prepare for their upcoming track seasons.

Each week works on specific training techniques that complement each other. The skills you learn each week will gradually increase your skills as a sprinter. In addition to track training, athletes will receive plyometrics and weight training throughout the course of program.

Location:

San Jose City College Track Facility

Camp Schedule:

- Session 2 (July 6<sup>th</sup>-July 25<sup>th</sup>)
- Test Week (July 27<sup>th</sup>-31)
- Session 3 (August 3<sup>rd</sup>-21)
- Final Test Week (August 24<sup>th</sup>-28<sup>th</sup>)

### **Camp Fees**

The entire camp is priced for the three sessions shown in the schedule. Each session is 3 weeks long. Sessions are priced individually.

### **Teams: (All educational institutions)**

- \$100 ( per athlete) for 3 sessions

### **Individuals (Open athletes):**

- \$150 for 3 sessions

### **Cost per session:**

- \$40.00 (team athletes) per session
- \$60.00 (Individual athletes) per session



For More Information:  
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