

Speed Training 2025

Alberta Speed School Speed Sessions

\$160 - 8 Sessions (Every Sunday)



SPEED CLINICS

LEARN TO RUN, TO WIN!

May 25th – July 20th

Woody's Athletic Park (Lindsay Thurber track)

- ▶ Geared towards athletes that wish to get faster. (Football, Baseball, Hockey, Soccer...)
- ▶ Minimum of 5 athletes for program to be offered, and 15 Athletes maximum. First 15
- ▶ Emphasis: Linear & Lateral Speed Development / Sprint Mechanics / Power Acceleration Phases
- ▶ 1 hr. training sessions per week. Weather potential conflicts. TBA
- ▶ NCCP High Performance Coach certified, USATF Level 3, World Athletics Level 1, ChPc, B.Sc., B.Ed., M.Sc.,
 - ▶ **Cost = \$160** (Under 18 athletes will need to have parental consent (Waiver), 18+ need to sign waiver.)
- ▶ Time & Dates: Sundays at 4:00pm – 5:00pm (May 25th, June 1st, June 8th, June 15th, June 29th, July 6th, July 13th, July 20th) Note: No Session on June 22nd!



[Click Here to Register](#)