

Fluidmotions42 presents:

The Block Training System to Sprints & Hurdles

January 9, 2010 9:00am – 12:00pm @ Los Osos High School

6001 Milliken Ave. Rancho, Cucamonga, CA 91737

Cost: \$20.00 per person

Finally a complete why behind sprint & hurdle training!!

- * The Features of modern scientific training theory
- * Organization of training
- * Quickness & Velocity of sports speed
- * Specific Skill & motor potential development of speed & hurdling
- * Development special strength in power/speed events
- * Resistance training for special preparation for high performance
- * Supermethods for special physical preparation
- * Speed training for high level athletes
- * Advantage & dis-advantage of Long – short/Short – long training theories
- * Hands on training, training templates & much more!!

For further information: Jack Robinson (909) 251 - 3172