

# WARRIOR



# RUNNERS ★ PROJECT ★

**MONDAYS, WEDNESDAYS, & FRIDAYS  
JUNE 17 - AUGUST 2, 2024  
8:00 TO 9:30 AM**

**Ages: 14 to 18yr 6 mo  
R/\$160 NR/\$170**



The Warrior Runners Project is an opportunity for middle & high school athletes to develop, build, and enhance their abilities in distance running, within a fun and encouraging environment. Athletes will benefit from specific training and learning opportunities including, conditioning and strength building, running mechanics, injury prevention, nutrition, goal setting, race strategy, and many other aspects that will contribute to their success.

[www.waunakee.com/recreation](http://www.waunakee.com/recreation)