

## ROGUE HIGH SCHOOL TRAINING

This program is designed for the competitive high school athlete who resides in or near the Austin Metro area. Typically, organized coach-monitored workouts will be held 3 days a week during non-school competition seasons with the frequency of monitored workouts to be determined during school competition seasons. Workouts will be held on two designated weekdays at a local venue with Sunday morning long runs beginning from the Rogue Store on San Marcos. Individualized workout schedules in 7 to 14 day blocks will be accessible for each athlete in the program. Additionally, workouts will be provided to each athlete for upper body and core strength development. Guidance regarding nutrition, hydration, injury prevention and competitive racing strategy is provided on a consistent basis. Not only will each athlete be provided intricate workouts, but he or she will have full accessibility to Coach Cunningham via cell phone and email year round. For athletes with collegiate aspirations, guidance in the college recruiting process and education regarding basic NCAA rules is provided.