

Rogue Running Camp

Love Running the Rogue way!
Come have fun with Rogue this summer!
Have fun while learning to run the Rogue way!

Our week long Running Camp aims to teach High Schoolers (11 – 18 year olds) how to get the most out of their running, our Elite Athletes and Experienced Coaches show you the fun way to becoming a better athlete, during the course of 5 days we will new Rogues through running basics, race specific training, shoe fit/shoe tech talk, finding the right shoe, nutrition, types of training, successful running at the high school level, college and what its like to run professionally.

Details about the program

- * *Duration* – Monday 1st Aug – Friday 5th Aug, 7:30am to Midday
- * *Age levels* - 11yrs to 18yrs
- * *Single Cost* - \$175 (20% off to all Team Rogue Prep participants.)
- * *Group Cost* - \$150 (Group of 4 or more students from the same High School)
- * *Location* – Rogue Cedar Park, 2800 Whitestone Blvd, Cedar Park
- * *What's included* – Camp booklet, training program, breakfast everyday, lunch on the last day, plus spot prizes throughout the week.

* *Free stuff* – Every Rogue (participant) will receive a Team Rogue Elite signed photo, also Adidas are providing everyone with a Spike bag, Tech Tee, Socks & Water bottle (Valued at \$60)

Goal: Rogue will educate and entertain High School students (11-18yr) on everything distance running, utilizing our experienced coaches and experienced runners with Team Rogue Elite we bring a fun, educational environment covering all running topics including: Running basics, race specific training, shoe fit/shoe tech talk, finding the right shoe, nutrition, types of training, successful running at the high school level, college and what its like to run professionally.

What: This week long running camp for High School athletes looking to take their running to the next level, the group will be broken into 3 different levels and be assigned to a Group Counsellor. After learning all things running student athletes will participant and an exclusive 3 – 5km Cross Country Race for attendees only.

Who we are: Our mission at Rogue Training Systems is to create an authentic community of athletes discovering a running path to physical, mental & spiritual potential. Rogue Training has been in the Austin area for over 7yrs, we have training over 4,000 runners from all walks of life, we cater from those wanting to run for the first time to our Elite team of 10 athletes who currently compete at an international level.