



WANT TO RUN FASTER?

ACCELERATION NORTH TREADMILL SPEED PROGRAM AT BLAINE HIGH SCHOOL (formerly the Bengal Speed Program)

Acceleration North and Blaine Athletics are again offering the Acceleration speed treadmill program at Blaine High School this summer. An Acceleration trainer will be on staff to operate the Acceleration speed program to any athlete in the metro area that would like to enroll in the 12 session Acceleration program. Workouts are 55 minutes in length and will be held twice per week. Sprint mechanics and top end speed are our focus.

12 SPEED TREADMILL WORKOUTS

\$150 PER ATHLETE
\$325 VALUE

June 10th - July 25th

No training over the 4th of July.
Make up week offered July 29th - August 1st.

AVAILABLE TIME SLOTS:

Monday/Wednesday or Tuesday/Thursday

7am-8am, 8am-9am, 9am-10am,
10am-11am, 11am-12pm, 12pm-1pm

ONLY 8 SLOTS AVAILABLE PER TIME.
ONCE SLOT IS FILLED IT WILL BE REMOVED FROM THE REGISTRATION PAGE.

REGISTRATION AND TIME SELECTIONS ARE ALL ONLINE AT WWW.ACCELERATIONNORTH.COM

1. Click REGISTER on top of page
2. Fill out athlete info and choose T shirt size – Agree to waiver
3. Under OTHER PROGRAMS choose BENGAL SPEED PROGRAM - \$150 and your combination of days and times
4. Enter CC info and submit

HURRY! REGISTRATION CLOSSES MAY 31, 2019!

Call (651) 486-0020 with any questions
or email curt@accelerationnorth.com

Includes: ACCELERATION NORTH T-SHIRTS and CHEETAH CLUB SPEED TESTING!

