

SISU Cross

Summer Training for High School & College Runners

Do you lose motivation training alone over the summer? Do you miss running with a group? Do you get tired of repeating the same workouts? Are you looking for fun, structured training in a group environment? If so, SISU Cross is for you.



Success in the fall cross-country season is built on outstanding summer training. SISU has partnered with 2012 Olympic Trials qualifier and prominent local running coach Chris Lundstrom to offer SISU Cross. SISU Cross is an outstanding summer running program that's designed to help male and female high school and college runners build fitness for the fall cross-country season. SISU Cross will meet three times per week. Workouts will be led by Chris Lundstrom, and will consist of drills, speed work, tempo runs, long runs, or power work. Each week will build on the next to help runners achieve their goals, whether it's setting a new personal record, or winning a conference, regional or state meet.

Details

Dates: June 14-August 6, 2011

Location: Hyland Visitor Center, 10145 Bush Lake Road, Bloomington

Times: Tuesday, Thursday, and Saturday at 9:00 a.m.

Cost: \$350 before May 15, 2011. \$375 on or after May 15

Questions: Contact Peder Nestingen (612) 501-1324 or nestingen@gmail.com

Registration

Online at www.sisuskiers.org/juniors/summer-run

Chris Lundstrom Bio:



Chris Lundstrom ran cross country and track while completing his undergraduate degree in Humanities at Stanford University. He completed an M.Ed. in Applied Kinesiology at the University of Minnesota in 2007. Chris is a national class runner who has placed as high as 3rd in the USA Marathon Championships. He represented the United States in the Pan-American Games Marathon (2007) and the World Mountain Running Championships (2010). He has 12 years of experience coaching distance runners and Nordic skiers, and has worked with elite runners, high school and collegiate athletes, and a wide range of recreational and locally competitive runners. He is in his sixth year of coaching at St. Paul Como Park Senior High. He resides in south Minneapolis with his wife Taj and three large dogs.