

**Contact:** Robin Haight

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## Program:

- ★ Develop good running technique
- ★ Develop focus and discipline
- ★ Learn proper stretching
- ★ Learn proper warm-up activities
- ★ Improve overall strength
- ★ Build endurance
- ★ Gain speed



\$150 for 2 month session

Some PTA scholarships may be available

## SCHEDULE:

Monday/Thursday

2:50-3:00 Check-in/Change Clothes

3:00-4:00 Warm-ups, Train,

Stretching, Cool-Down, Questions

## The Trainer: Coach Darrell General of DG Running

Head Coach of Marshall HS Cross Country and Distance Track

### Coach General's achievements:

Marine Corps Hall of Fame (2004)

5-time USA Olympics Trials Qualifier (1988 to 2004)

2-time Marine Corps Marathon Champion (1995, 1997)

Youngest USA Olympic Marathon Qualifier (1987)

Runner up Marine Corps Marathon (1988)

Competed in 11 consecutive USA marathon Championships

USA Pan Am Team Member (1999)

USA World Half Marathon Team member (1997, 1998)

USA team member for the London World Cup (1991)

25 years of experience coaching youth and High School level athletes.

Athlete's T-shirt size?

(Small Medium Large)

**This is a great  
conditioning program for  
all sports!  
All experience levels  
welcome**