

The Weston Striders Are Back!

Attention Weston residents and members of the South Florida running community!

The long awaited return of the “Weston Striders” has now arrived. Beginning this fall, Josh Stern, founder of Split Second Training Inc. and former LSU Cross Country and Track & Field athlete, will be instructing and training members of the Weston and South Florida Running communities in the techniques of long distance running.

The Weston Striders is open to individuals 18 and up. The striders will meet twice a week starting Wednesday August 17th at 6:30p.m at the Cypress Bay High School Track. The first practice will entail basic stretching principals, goals, and training guidelines followed by a basic track workout with a warm up and a cool down. Future Wednesday practices will be interval training (Necessary speed training which will improve racing performance) from then on.

Sunday mornings the Weston Striders will meet at the Weston Town Center. Sundays workout will consist of a Long Distance Run (Distances will pertain to individual ability), stretching, and strides.

In addition to the two runs per week members will receive personalized instruction on their daily training routines, racing strategy, and strength training tips. Also Weston Strider members will receive a 10% discount on all Split Second Training strength and conditioning classes.

When: Starting August 17th 6:30p.m. Wednesdays (Cypress Bay HS Track) / Sundays 7:00A.M. Weston Town Center

Dues: 20\$ Per month (Includes one supervised track workout a week/ 1 group Long distance run/ Personalized evaluation of weekly training routine/Strategy and Strength Training Tips/ 10% discount on all Split Second Training Strength and Conditioning Classes/ Access to an unlimited supply of training partners/ Most importantly a safe and FUN way to enter the South Florida Running community! And a T-Shirt!) Racing Singlet's will be available for an additional cost

Make Checks Payable to: Split Second Training Inc.

**Mail to: Split Second Training
2211 Charleston
Weston, Florida 33326**

Who is your coach?

Meet Josh Stern:

Josh holds a Bachelor of Science in Exercise Physiology and Kinesiology from Towson University. Josh has worked as a strength and conditioning coach for Elite Athlete Training Systems in Washington D.C. and is an avid, experienced runner himself. Josh has coached numerous endurance athletes (Novice, Amateur, High School and Collegiate) in the South Florida and Washington D.C. Metro area for over 6 years. Originally, Josh is from Weston and a former member of the Weston Striders when the group originated under instruction of Coach Sonja Friend-Uhl. Upon returning to Weston, Josh was disappointed to learn that the Striders had “Broken their stride” and fallen apart after Sonja had moved. Josh's goal is to rebuild the Weston Strider community through professional coaching in the sport of running and proper education in the field of health and fitness. The most important goal of the group is to have fun through running!