



TARGETTRAINING

TT Youth & Junior Academy

We are happy to introduce the start of our:

TT Endurance and Strength Academy for young athletes!

This program will introduce young athletes from ages 8 to 18 to the world of endurance sports and structured strength and power training. Following a systematic approach that will take your young athlete through weekly, detailed workouts, our TARGETTRAINING coaches will help motivate and challenge your young athlete to see real results, whatever their fitness goals. Whether you're looking to introduce your son or daughter to the competitive world of triathlon/cycling/running, to simply encourage fitness for optimal health, or to improve the game of your talented athlete already playing team sports, TT will give you that edge.

- CHALLENGE!** Workouts designed by highly experienced coaches and elite athletes to prepare all young athletes to perform at their best.
- MOTIVATE!** Positive environment and motivating coaches dedicated to helping your young athlete reach and surpass their goals.
- HAVE FUN!** Keeping workouts fun will keep them coming back and motivated!

TT Academy Endurance/Agility sessions are comprised of running, cycling, and other various endurance and agility-focused activities. Our Academy can help introduce your young athlete to the world of endurance or help refine a team sports athlete's stamina and base fitness for their next season.

Session days: Wednesday=Youth Thursday=Junior

TT Academy Strength/Power sessions will introduce various forms of basic strength and power movements in a safe and structured manner.

Session days: Monday=Youth Tuesday=Junior

Youth Academy (ages 8-13): Mon/Wed at 4pm

Junior Academy (ages 14-18): Tues/Thurs at 4pm

Program Pricing:
6-Pack session \$150
12-Pack session \$275
Quarterly unlimited membership \$450



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For more details please contact:

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