



Obstacle Course Race Training

8 WEEK TRAINING PROGRAM

When: Saturday Mornings: 8:00am

Starts: 3/3/2017- 4/29/2017/

Cost: \$120

With: Meghan Mitchell: Trainer & Women's Elite Racer, World championship competitor

Prepare yourself for obstacle course races such as Spartan Race-Beast-Super-Sprint, Tough Mudder, Battlefrog and Warrior Dash.

Learn skills like, monkey bars, flipping tires, rope climbing, barbwire crawls and much more.

8 week Training plan to get you ready for your race!!!

Get comfortable with being Uncomfortable

For all ages with or without experience

New type of training you have never experienced before.

For More Information and To Sign Up Contact:

MEGHAN Mitchell @ (208)610-9508