



Indoor Track & Field Training

At The Day Hill Dome In Windsor, CT



Coming Soon January 2024 --
Opportunity to Work out During
Winter 2024

We are taking count to see if our members think programs like this are wanted. Let's be all in! Active members renew in the year 2024; non-members join today.

Sessions are with a Certified USATF Coach. If you are interested in this program, contact Coach Carson. Text (860) 462-2150 or email dlcarson@captivenature.com.

What it is: It is combination clinic and training sessions for athletes who want to acquire and improve their technique.



- ❖ Learn warm-up and recovery drills.
- ❖ Practice event specific drills for sprints.
- ❖ Practice event specific drills for throws.
- ❖ Learn and do pre-competitive workouts for sprints or throws.