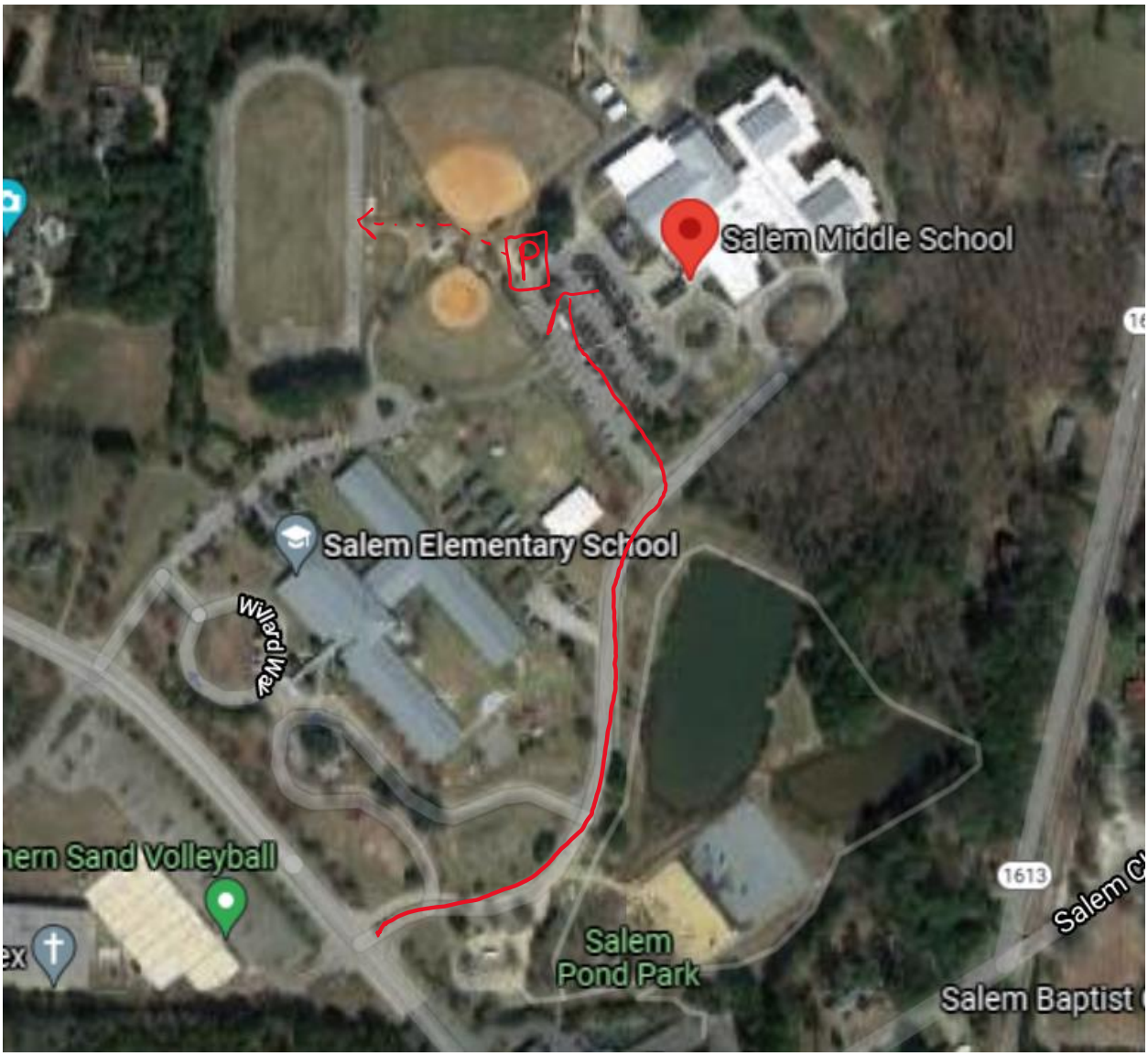


6150 Old Jenks Rd, Apex, NC 27523

This is a large Town of Apex Community Park/School Campus. Continue beyond the first building (Elementary School on Left/Pond on Right) to the Middle School. Turn left into the Middle School parking lot. Park as if you are going to the softball field. Walkway to the track. Meet your team at the track.

Let's face it, if we aren't dreaming about nutrition, endurance, efficiency, or gear, we dream about being FASTER. In a Speed Workout, we are working on you getting faster than what you can do right now. Some athletes benefit from sprinting while others would benefit from walk/jog intervals. Built with the individual in mind, this Team Speed Workout will Edge you over your comfort Zone so you can add gears to your run game. We meet at 5:45 for a substantial dynamic warmup followed by a differentiated 45-minute workout with hydration breaks. Then we cool down and exit at 7:00 😊 .