

Sauganash Striders

running club founded by Coach Murphy

Winter Strength/Power/Conditioning Sessions

December 9-20th : Pre Winter (HS&MS)

January 6th to February 23rd 2025 - Middle School

January 6th - January 18th: High School

All athletes (AGE 9-18) are welcome to attend from the motivated novice to the experienced . The focus for the athletes will be on building/maintaining a strong fitness base prior to the spring sports season. The workouts will be a mix of indoor track running, core strength development, general speed/power training and running skills/form. Please bring water bottle and running shoes.

A current 2025 USATF (USA track & Field) membership is required to participate.

The sessions will all be at the Northeastern Illinois University (NEIU) Physical Education Complex (5500 N St Louis Avenue) in their indoor track. Entrance to Center is from Foster Avenue (between Pulaski avenue and St Louis Avenue)

Email contact: julian.murphy@comcast.net

Phone Contact: 312-927-1441

Pre Winter Tune Up session: \$115 - includes indoor track rental fee

Regular Session Fee: \$295 -includes indoor track rental fee

High School Session Fee: \$145 -includes indoor track rental fee

PRE WINTER Tune up Session

Monday December 9th 4:45-6:00pm
Tuesday December 10th 6:30-7:45PM
Wednesday December 11th 4:45-6:00pm
Thursday December 12th 6:30-7:45PM
Friday December 13th 4:45-6:00PM
Monday December 16th 4:45-6:00pm
Tuesday December 17th 4:45-6:00PM
Wednesday December 18th 4:15-5:30pm
Thursday December 19th 4:15-5:30PM
Friday December 20th 4:15-5:30PM

REGULAR SESSION Practices:

Tuesday January 7th 4:00-5:00PM
Thursday January 9th 4:00-5:00PM

Tuesday January 14th 4:00-5:00PM
Thursday January 16th 4:00-5:00PM

Saturday January 18th - CYUP Misfits Invitational 2025 - Gately Park track, Chicago

Tuesday January 21st 5:15-6:30PM
Thursday January 23rd 5:15-6:30PM

Saturday January 25th 8:15-9:30AM

Tuesday January 28th 5:15-6:30PM
Thursday January 30th 5:15-6:30PM
Saturday February 1st 8:15-9:30AM

Sunday February 2nd - Wisconsin USATF track meet - Kenosha, WI

Tuesday February 4th 5:15-6:30PM
Thursday February 6th 5:15-6:30PM

Saturday February 8th 8:15-9:30AM

Tuesday February 11th 5:15-6:30PM
Thursday February 13th 5:15-6:30PM

Saturday February 15th 8:15-9:30AM

Tuesday February 18th 5:15-6:30PM
Thursday February 20th 5:15-6:30PM

Saturday February 23rd - Illinois Meet of Champions - Gately Park Track, Chicago IL

Practices will be held at: the Northeastern Illinois University (NEIU) Physical Education Complex (5500 N St Louis Avenue) in their indoor track. Entrance to Center is from Foster Avenue (between Pulaski avenue and St Louis Avenue)

High School Session

Monday January 6th 5:00-6:15PM

Tuesday January 7th 5:00-6:15PM

Wednesday January 8th 5:00-6:15PM

Thursday January 9th 5:00-6:15PM

Friday January 10th 5:00-6:15PM

Saturday January 11th - Akinosun Elite Invitational-Gately Park Track -High School runners

Monday January 13th 5:00-6:15PM

Tuesday January 14th 5:00-6:15PM

Wednesday January 15th 5:00-6:15PM

Thursday January 16th 5:00-6:15PM

Saturday January 18th - CYUP Misfits Invitational 2025 - Gately Park track, Chicago