



## OPTIONAL PROGRAM 2026

### ATP Lite

Available to registered ATP Lite participants  
Led by Coach Arnon and Coach Shannon

ATP Lite is an optional, structured strength and conditioning program designed to complement your training and support performance and injury prevention.

#### Location:

Raymond J. Fisher Middle School Track  
19195 Fisher Avenue, Los Gatos, CA 95032

#### **⚠ Location Change: (Select Dates Only)**

On May 20, May 27, and June 3, please meet at:  
El Quito Park  
12855 Paseo Presada, Saratoga, CA 95070

#### Schedule:

Wednesdays, starting May 20 through October 7  
Time: 6:00 p.m.

#### What to Bring:

- Yoga mat
- Two hand weights (5–10 pounds each)
- Water, electrolytes

#### Questions or More Info:

Email Coach Arnon or Coach Shannon at [info@sanjosefit.com](mailto:info@sanjosefit.com)  
Subject line: ATP

**What's ATP?** The Advanced Training Program was designed by USA Fit specifically for endurance runners. It improves performance in long distance running by improving cardiovascular (VO2max) and running efficiency, running form, stability and economy. It replaces long training miles with quality and intensity training by interleaving running with sets of exercises. The 20 weeks schedule is built on four main phases. In each phase we introduce new exercises and gradually increase the intensity over several weeks. In addition, we throw in important topics such as muscle energy sources and management, running form, cadence, pacing, and a full series of Yasso 800-s. We will go over the plan in more detail during the first meeting.

**Are you fit for ATP?** This program is quite intense. It is not for first-time runners, or if you're suffering from an injury. We want you to stay healthy. The ATP guidelines recommend participants should have run at least a half or a full marathon in the past season and should be running regularly at least 20-25 miles per week prior to the start of the program.

If you are not sure, please consult with Coach Arnon and Coach Shannon.