



OPTIONAL PROGRAMS 2026



Monday Rancho Hill Runs / Hikes

(Announcements: Coach Eric, Coach Bill, and Coach Georgiana)

The SJFit Hill Run/Walk is included in the SJFit training program (no additional charge) and is completely optional to participate. This is a great way to build strength, endurance, and confidence on the trails.

Location:

Rancho San Antonio Park
22500 Cristo Rey Dr, Cupertino, CA 95014

Where to Meet:

At the restrooms in the lower parking lot.

When:

Mondays, starting May 11 through September 21

Start Time:

- 6:30 p.m. through Labor Day
- 6:00 p.m. after Labor Day

What to Bring:

- Hydration is required — please bring water.

Important Notes

- We will be running/walking rain or shine.
- Please review trail safety information, including awareness of mountain lions, before attending.

Questions or More Info:

Email Coach Georgiana at info@sanjosefit.com

Subject line: Monday Ranch



Track

Led by Coach Sommer

The SJFit Track Program is included in the SJFit training program at no additional charge and is completely optional to participate. The focus is on speed development, efficiency, and injury-safe progression.

Location:

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

Schedule:

Wednesdays, June 17 through September 23
Start Time: 6:00 p.m. SHARP

Workout Format:

Track workouts consist of high-intensity running intervals, supplemented with agility, strength, and flexibility activities.

Please bring a watch with a seconds timer (required).

Important Notes:

- If you plan to participate, please attend the first two weeks, as Coach Sommer's program is progressive.
- Safety #1 — the goal is performance without risking injury.
- We will be running/walking rain or shine.

Questions or More Info:

Email Coach Sommer at info@sanjosefit.com

Subject line: Track



Core Conditioning

Available to registered Core Class participants

Led by Coach Fernanda

Core Conditioning focuses on building strength, stability, and balance to support injury prevention and running/walking performance throughout the season.

Location:

SUNNYVALE Sports Basement

1177 Kern Ave, Sunnyvale, CA 94085

Where to Meet:

Meet in The Summit, the large meeting room in the very back of the store on the right.

Schedule:

Tuesdays, May 19 through August 25

Time: 6:00–7:00 p.m.

What to Bring:

- Yoga mat
- Two hand weights (1–5 pounds each)
- Water
- Jump rope
- Hand towel

Questions or More Info:

Email Coach Fernanda at info@sanjosefit.com

Subject line: CORE



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
Subject line: ATP



Yoga with Lalitha (Online)

Available to registered Yoga with Lalitha participants

Join our weekly yoga sessions led by Coach Lalitha, designed to support flexibility, strength, and recovery throughout the training season.

Location:

Zoom (link provided by Coach Lalitha to those who registered for yoga)

To receive the Zoom link, please email: info@sanjosefit.com

Schedule:

Tuesdays, starting May 5 through October 20

Time: 6:30 p.m.

What to Have Ready Before You Join Zoom:

- Comfortable workout clothes
- A yoga mat
- Two hand weights (optional)

Questions or More Info:

Email Coach Lalitha at info@sanjosefit.com

Subject line: Yoga with Lalitha