



OPTIONAL PROGRAM 2026

Wednesday 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