

Fees

2025 Summer Session (look no inflation) \$125

**We do offer a number of spaces for economically disadvantaged students at a discounted rate. Please email Will at Will's Hills for more details.*

Coaches

*Will Henderson

- Founder of Wills Hills running program (21 years)
- 105 Marathons & 33 years of running and racing experience
- Red Cross first aid, CPR and AED certified

*Lara Gwyn

- Red Cross first aid, CPR and AED certified
- NASM Personal Trainer
- Triathlete with over 15 years of experience
- Certified Health Coach

What participants are saying:

"Thank you for an excellent summer. I had so much fun at Wills Hills. I got to meet new people, challenge myself with workouts and spend time with others who share my joy of running. I can't wait for next year!"

—Bethany Vuyk, Pope John HS.

"Most of my team participates in Wills Hills every summer, the kids loved it. We are having a great season!"

—Bret Ramsey, Head Cross Country & Track Coach, St. Thomas Episcopal High School

"I've run with Will at Will's Hills for about 20 years.. I love the comradery, the workouts, and getting my workout done early. It's a really great way to start your day.

Lara Gwyn - 20 yr. Participant

"I run in the program, it's the perfect summer program for any runner, high school or not that wants to improve."

—Cole Daily, #1 American finisher 2008
Houston Marathon (#11 overall 2:25:06)



Boys and Girls High School Program



[Http://WillsHills.Net](http://WillsHills.Net)

What is Wills Hills' and how can it help my fitness and running?

Will's Hills helps high school athletes of all skill levels develop their aerobic and running abilities. The goal of Wills Hills Training is to help our athletes achieve their best season ever. Whether it's Cross Country, Track, Soccer, Football, Lacrosse, etc. Having fun is an essential part of the process too.

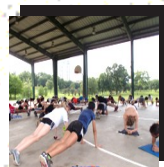
By training throughout the summer you will return to school, faster, stronger and with more confidence than before. Our training also strengthens muscles, joints and tendons which helps prevent injury. Wills Hills is not just for runners, it will help you excel in any sport that involves running quickness and/or agility.

Our approach focuses on total body fitness. In addition to running, our workouts include plyometrics, calisthenics, and stretching. The workouts are challenging fun, and very effective.



Workouts that work!

- Hill repeats
- Speed work
- Interval training
- Tempo runs
- Time trials
- Strength training
- Personalized training



Workouts designed for high school athletes

2025 Summer Session

Wednesday
June 4th

Monday
June 30th

Workouts

Mon. Wed. Fri.
7:15 - 8:30 am

Spotts Park
401 South Heights
Boulevard
Houston, TX 77007



Registration Form (Please **PRINT VERY, VERY** Clearly)

Runners Name _____

Age _____ School _____

Home Address _____

Phone _____

Email _____

Emergency Contact

Name _____

Phone _____

Check appropriate box

_____ June Session \$125

T-Shirt Size XL L M S Circle Choice

Pay Online: Willshills.Net

Checks Payable to:

Will's Hills
2213 Fulham Ct.
Houston TX, 77063

By signing this form I acknowledge to have read and fully understand all terms and conditions of, " The Wills Hills Release Waiver Discharge and Covenant" found by link on the first page of The Wills Hills Website (<http://willshills.net>). I grant my child permission to participate in Wills Hills High School Program.

Students Signature x _____

Parents signature x _____