

TETON TRAIL RUNNERS

Summer 2025 Group Training Runs

Teton Trail Runners in partnership with Exum, Arc'teryx, and Evoke Endurance are offering all local runners no matter their fitness the chance to learn about structured training to improve their trail running. Structured training can seem complicated maybe even scary, but we aim to simplify it. Group training adds to the enjoyment, as these sessions are conducted together. Each 60-minute session includes a 45-minute workout, designed to fit efficiently within an hour. This schedule also allows time to discuss the theory, benefits, and adaptations of the training. These sessions will occur Monday mornings 7am-8am starting June 2 through the end of September. Come to all or one. Bring water, snacks and appropriate layers. Run at your own risk. Sign up to get on our mailing list and follow us on Facebook, Instagram and Strava! www.tetontrailrunners.run

DATE	LOCATION	TRAINING SESSION
Mon, June 2 @ 7am	Snow King Gondola	Hill Sprints
Mon, June 9 @ 7am	May Park	30/30s
Mon, June 16 @ 7am	Snow King Gondola	Hill Sprints
Mon, June 23 @ 7am	May Park	30/30s
Mon, June 30 @ 7am	Snow King Gondola	Hill Sprints
Mon, July 7 @ 7am	May Park	30/30s
Mon, July 14 @ 7am	Snow King Gondola	Hill Sprints
Mon, July 21 @ 7am	May Park	30/30s
Mon, July 28 @ 7am	Snow King Gondola	Hill Sprints
Mon, August 4 @ 7am	May Park	30/30s
Mon, August 11 @ 7am	Snow King Gondola	Hill Sprints
Mon, August 18 @ 7am	May Park	30/30s
Mon, August 25 @ 7am	Snow King Gondola	Hill Sprints
Mon, September 1 @ 7am	May Park	30/30s
Mon, September 8 @ 7am	Snow King Gondola	Hill Sprints
Mon, September 15 @ 7am	May Park	30/30s
Mon, September 22 @ 7am	Snow King Gondola	Hill Sprints
Mon, September 29 @ 7am	May Park	30/30s



www.tetontrailrunners.run