



**TRAIN LIKE THE
ILLINI
FRIDAY, OCTOBER 13**

*PARKING AVAILABLE AT STATE FARM CENTER
NORTHWEST LOT (FIRST AND KIRBY)*



*Participants must register for sessions
at [FIGHTINGILLINI.com/TRAIN](https://fightingillini.com/train)*

7:30 AM

PRESENTATION AND WARM-UP

With an Illinois Strength & Conditioning Coach

At Memorial Stadium (Inclement Weather Alternative: Irwin Indoor Facility)

8:30 AM

GOLF FACILITIES

*At Lauritsen/Wohlens Outdoor Golf Practice Facility
& Demirjian Golf Practice Facility*

TENNIS FACILITIES

At Atkins Tennis Center & Khan Outdoor Tennis Complex

BASKETBALL FACILITIES

At Ubben Practice Facility

STRENGTH AND CONDITIONING

At Memorial Stadium Weight Room

WALK/RUN

At Illinois Track Stadium

