

# BE A BETTER ATHLETE

This 8 week training program will help prepare the track and field athlete for the upcoming spring season. The track specific training program will work primarily on running technique, speed endurance, explosiveness, and strength training that is congruent with the demands of the Track and Field athlete.

**LOCATION** – Sanford Fieldhouse  
2215 W. Pentagon Place  
Sioux Falls, SD 57107

**PROGRAM DATES** – January 4 – February 24, 2017

**DATES AND TIMES** – Mondays, Wednesdays, & Fridays 4 p.m. – 5:30 p.m.  
*(\*NO SESSIONS on Jan. 13 and Feb. 10)*

**COST** – \$265.00 (248.83 plus tax) (21 sessions)

For more information, please contact Jesse Haines with POWER at (605) 312-7800 or by email at [Jesse.Haines@sanfordhealth.org](mailto:Jesse.Haines@sanfordhealth.org)



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