

## **POWER RUNNERS PROGRAM**

**Strength Program – Fall 2021 Session 2 (Thursday mornings)**

### Sanford *POWER*:

Sanford *POWER* is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. Since 1999, we have provided the most comprehensive holistic programming for athletes of all ages and skill levels. We integrate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility and explosive power. Our Certified Strength & Conditioning Specialists have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's, Sports Nutritionist and the Sanford Sports Science Institute (SSSI), we offer the most integrated and comprehensive sports performance programming available.

### Details:

**WHO:** Offered to Sioux Falls Women Run athletes

**WHAT:**

- Improving your performance and running economy in a fun and supportive environment
- Emphasis: Strength, power, mobility and injury reduction exercises for runners
- All exercises and drills programmed for your skill level and experience
- Sanford Knee Injury Prevention Program (SKIPP) exercises integrated each week
- Sports Nutrition educational presentations available (additional fee)
- Sanford Sports Science Institute (SSSI) testing services available (\*additional fee)

\*20% discount for SFWR Training Team members on SSSI fees

**WHEN:** October 28<sup>th</sup> – December 16<sup>th</sup> 5:30-6:30 AM (Thursday) @ the Sanford Fieldhouse  
(7 total sessions; No session on November 25<sup>th</sup>)  
\*\*\*Must register by Friday, October 22<sup>nd</sup>

**FEE:** Fee of \$90.00/athlete.  
No make-up sessions or pro-rated amounts.  
\*\*Minimum/Maximum group size of 8

Register and pay at: [www.sanfordpower.com](http://www.sanfordpower.com)

1. go to yellow "REGISTER" tab and select "SIOUX FALLS"
2. Enter your username and password / or create a new account
3. Select "Program Registration" to choose the desired option

**If you have any questions please contact *POWER* at (605) 312-7800**