

POWER RUNNERS PROGRAM

Strength Program – Winter 2022 (Tues 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: January 4 – March 8 5:30-6:30 AM (Tuesday) @ the Sanford Fieldhouse
(8 total sessions) *8 sessions over 10 weeks. Off-dates TBD due to coach paternity leave. Participants will have Fieldhouse access during the off-days, which will begin sometime around January 30.
***Must register by Friday, December 31st

FEE: Fee of \$96.00/athlete (\$102.24 plus tax)

No make-up sessions or pro-rated amounts.

**Minimum group size of 8

Register and pay at: 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