

SANFORD POWER – RUNNERS PROGRAM

-Summer 2016 Strength Program-

Sanford POWER:

Sanford POWER is the most well established Sports Performance Training Program in the Region. For over 15 years we have provided the most comprehensive programming for athletes of all ages and skill levels. Our Certified Strength & Conditioning Specialists have over seventy-five (75) 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. This includes:

- Customized performance programming for runners
- Emphasis: strength, mobility, improved running economy and injury reduction exercises
- Sports Nutrition education group presentation
- Return to Performance programming (RTP) for injured athletes (*additional fees*)
- On site PT/ATC staff (Fieldhouse)
- Access to Sanford Sports Science Institute (SSSI) Services (Hydration/Sweat Loss Testing, Concussion Research, Body Composition Testing / *additional fees would apply*).

Details:

- Offered to Sioux Falls area runners of all levels
- Training sessions to take place at the Sanford Sports Complex, in the 85,000 sq ft Sanford POWER Fieldhouse. 2215 W. Pentagon Place
- Fee of \$95.90/athlete (price includes tax)

Sanford POWER Runners Program - Summer 2016:

- Tuesday evenings 6-7pm
- June 7-August 9, 2016 (10 sessions)
- 60 minute sessions / No make-ups / No prorated amounts
- Full payment (\$95.90) due by June 6th
- New athletes to POWER must registers at:

<https://sanfordsports.sportngin.com/register/form/586838146>
(reference: "Summer Runners Program")

- For more information please call POWER at (605) 312-7800.

