

Sioux Falls Women Run

Strength Program – 2024 Summer (Thursday mornings)

Sanford Sports Performance:

Sanford Sports Performance 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 Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

Details:

WHO: Offered to ALL 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
- Sanford Sports Performance Lab testing services available @ 20% discount

WHEN: June 6 – August 29, 2024. (12 total sessions; No session on July 4)

Thursday @ 5:30-6:30am

Sessions are held at the Sanford Fieldhouse and hosted by [Sanford Sports Performance](#)

FEE: Fee of \$168/athlete (plus tax)
No make-up sessions or pro-rated amounts.
**Minimum group size of 8

Register & complete paperwork at: [Sanfordsports.com](#)

*Select "Program" and "Add to Cart"

*Enter your username and password / or create a new account

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