

## **Track & Field Prep Program**

### Sanford Sports Performance – 2026

### Monday/Wednesday/Friday

### 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 Coaches 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 High School Track & Field Athletes

**WHAT:**

- 8 week training program helps prepare athletes for the upcoming spring season
- Customized Sports Performance Programming
- Primarily focus on running technique, speed endurance, explosiveness and strength training
- Sanford Sports Performance Lab testing services available (*\*additional fee*)
- Sports Nutrition Education available (*additional fee*)
- Optional Pre/post running force plate analysis (\$25, available for mid to distance runners)

**WHEN:** January 5 - February 27, 2026

**Monday / Wednesday / Friday**

4:00-5:30pm \*No Session on Friday, January 23<sup>rd</sup> or Friday, January 30<sup>th</sup>

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

22 total sessions / minimum group size of 8

**FEE:** Fee of \$349/athlete (plus tax) / No make-up sessions or pro-rated amounts

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

\*Select "Program" and "Add to Cart"

\*Become a "Guest" or Enter your username and password

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