

## **SSP RUNNERS PROGRAM**

**Strength Program – Fall 2026 (Tues or Thurs mornings)**  
**September 8<sup>th</sup> – December 10<sup>th</sup>**

### **Sanford Sports Performance:**

Sanford Sports Performance is the regional leader in offering individualized programming for athlete development, sport performance training and injury reduction. 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 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 Performance Lab testing services available (20% discount)

**WHEN:** **Option #1**  
September 8<sup>th</sup> – December 8<sup>th</sup> 5:30-6:30 AM (Tuesday)  
@ the Sanford Fieldhouse (14 total sessions)

**Option #2**  
September 10<sup>th</sup> – December 10<sup>th</sup> 5:30-6:30 AM (Thursday)  
@ the Sanford Fieldhouse (13 total sessions; no session on Nov 26<sup>th</sup>)  
\*\*\*Must register by Tuesday, September 1<sup>st</sup>

**FEE:** Option 1 = \$238 (plus tax) / Option 2 = \$221 (plus tax)  
No make-up sessions or pro-rated amounts.  
\*\*Minimum/Maximum group size of 8

**Register** & complete paperwork at: [Sanfordsports.com](https://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**