

SSP RUNNERS PROGRAM

Strength Program – Fall 2025 (Tues or Thurs mornings)
Session 2: November 4th – December 18th

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**

November 4th – December 16th 5:30-6:30 AM (Tuesday)
@ the Sanford Fieldhouse (7 total sessions)

FEE: Fee of \$112/athlete (plus tax)

OPTION #2

November 6th – December 18th 5:30-6:30 AM (Thursday)
@ the Sanford Fieldhouse (6 total sessions) **No session Nov. 27th

FEE: Fee of \$96/athlete (plus tax)

*****Must register by Friday, October 24th**

No make-up sessions or pro-rated amounts. **Minimum 8/Maximum group size of 30

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