

STRENGTH TRAINING FOR ENDURANCE ATHLETES

TRANSFORM YOUR TRAINING IN 12 WEEKS

As an endurance athlete, it is important to spend time preparing your body for the physical and mental demands of your sport. While it is important to build the intensity of your aerobic conditioning, it is also important to include functional strength and power to maximize your performance capabilities. Developing strength and power will help improve energy expenditure, lactate threshold and anaerobic capacity. This 12 week strength program is designed to help endurance athletes develop and expand their athletic foundation so they can dominate in all three disciplines, as well as increase their resilience to injuries throughout their training season.



The program will start with a functional movement assessment performed by Dr. Todd Arnold, much like what he uses to screen USA Track and Field athletes to reveal improper mechanics. Our strength coach and performance rehab team will then develop a strength program to correct these imbalances and develop strength during your off-season. You will also receive unlimited Alter-G and Normatec Recovery sessions as well as 10% off self-pay services (not including nutrition services) throughout this 12 week program!

THIS 12 WEEK STRENGTH PROGRAM WILL FOCUS ON THE FOLLOWING:

- Functional strength and power for sport
- Stability and strength in all planes of movement
- Increase vertical and horizontal jumping power
 - Improve mobility and flexibility
 - Improve sprint speed and endurance
- Establish an athletic foundation that is more resistant to injuries



Register online [HERE](#) or call 317-415-5747

14455 Clay Terrace Blvd | Carmel, IN 46032 | 317-415-5747

Mondays and Wednesdays | 5:30 - 6:30 AM

Classes begin Monday, December 2, 2019

Early Bird Registration (By November 1): \$400.00

Registration (After November 1): \$450.00