ELEVATE YOUR GAME

HIGH SCHOOL STRENGTH AND ATHLETICISM TRAINING PROGRAM FOR ENDURANCE RUNNERS

2019-20 WINTER PROGRAM: SESSION 1

Each Athlete Will…

- Improve their ability to generate greater amounts of lower body force to enhance their running speed and economy
- Enhance their explosiveness and vertical jump through plyometric and ballistic training
- Develop strength and power through a full-body resistance training program while decreasing the risk of injury during the season
- Train in our fully furnished weight room in a small-group setting while receiving consistent feedback to ensure safe lifting technique

CLICK HERE To View The Highlight Video!

"This program at Fitness Focus helped me enter each season in shape, and really gave me a leg up on the competition!"

-Ben Vanderbosch, White Bear Lake Cross Country & Track Athlete

Progressive Upper & Lower Body Strength Training

Lower Body Injury Prevention

Vertical Jump & Speed Training

Athlete Education on Maximizing Gains

FITNESS FOCUS

688 Wildwood Road
Mahtomedi, MN 55115

DATES: Nov. 19th – Jan. 16th
(No Session: 11/28, 12/24, 12/31)

DAYS: Tues. / Thurs.

PROGRAM TIME:
6:15 PM – 7:30 PM

COST: $285

TO REGISTER:
Call (651) 429-9947 or see next page to register online

QUESTIONS:
Contact us at (651) 429-9947 or studio@fitnessfocus.me

CLICK FOR HIGHLIGHTS:

2019-20 High School Winter Strength & Athleticism Training Program for Endurance Runners: Winter Session 1

Tuesdays and Thursdays
6:15PM – 7:30PM

REGISTRATION INSTRUCTIONS:

Either Click Here to go to our online store OR go to our website http://www.fitnessfocus.me and select "Appointments," and follow the directions below:

- Select the "**SPT class schedule**" tab in the middle of the page
- Use the calendar toward the top of the page, go to date **11/19/2019**
- On the date of Tuesday, November 19th, click on "**Sign Up Now**":
  - **6:15PM_HS_Endurance Runner_Nov-Jan_2019-20**
- Log in if you have an account at Fitness Focus or create an user ID and PW
- Use the right hand box (Recurring Options)
  - Select Days: Choose "Tues, Thurs"
  - **You must select Tues/Thurs to be registered for the entire program**
  - End Date: Select 1/16/20
  - Total # of Reservations should now read 15
  - Select "Make a Recurring Reservation" on the right-hand side
- The following message will appear: "You do not have enough credits for this recurring reservation. Would you like to make a purchase?" - **Select "OK**"
  - Scroll to the bottom of the next screen and select **"6:15PM_HS_Endurance Runner_Nov-Jan_2019-20"** for **$285**
- Click on **"Check Out"** & enter your credit card data and click on **"Purchase"**

Sports Performance registration paperwork must be filled out by each athlete and turned into Fitness Focus prior to participation in our programs. The forms can be found by CLICKING HERE, at our Fitness Focus location, or on our website at www.fitnessfocus.me. On our website, click on **Forms** and choose the Performance Program form. Please bring the registration paperwork to Fitness Focus on or before the first training date of **November 19th**.

Questions or Problems with Registration? Please contact Fitness Focus at (651) 429-9947 or at studio@fitnessfocus.me.

Missed Training Days: We have priced the training to take into account that athletes will not be able to attend every training period and may be gone for an entire week's training. Therefore, makeups and training credits are not allowed. Time changes within the same day will be acceptable only if there is room to accommodate an additional athlete in the desired time.

Weather Policy: Fitness Focus will not cancel programs due to seasonal, weather-related conditions. However, in the case of extreme weather (snow storm, lightning, tornado, etc.), and for the safety of the participants, Fitness Focus reserves the right to cancel sessions at any time due to inclement weather with no makeup session or refund provided.