



# ELEVATE YOUR GAME

## HIGH SCHOOL STRENGTH AND ATHLETICISM TRAINING PROGRAM FOR ENDURANCE RUNNERS

2023-24 WINTER 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. 13<sup>th</sup> – Jan. 15<sup>th</sup>

\*No sessions: 11/22, 12/25, 1/1

**DAYS:** Mon. / Wed.

**TIME:** 5:30 PM – 6:45 PM

**COST:** \$299

#### TO REGISTER:

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

#### QUESTIONS:

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

**CLICK FOR HIGHLIGHTS:**



**2023-24 High School Strength & Athleticism Training Program for Endurance Runners**

**Mondays and Wednesdays**

**5:30PM – 6:45PM**

**REGISTRATION INSTRUCTIONS:**

Go to our website <https://www.fitnessfocus.me/home> and select “Appointments,” and then select “Schedule Your Appointment Online”:

- Select the “**SPORTS PERF**” tab in the upper middle portion of the page
- Use the calendar toward the top of the page, go to date **11/13/2023**
- On the date of Monday, November 13<sup>th</sup>, click on “**Sign Up Now**”:
  - **530PM\_HS\_Endurance\_Nov-Jan\_M-W\_2023-24**
- 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 “Mon, Wed”
  - **You must select Mon/Wed to be registered for the entire program**
  - End Date: Select 1/15/24
  - 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 “**530PM\_HS\_Endurance\_Nov-Jan\_M-W\_2023-24**” for **\$299.00**
- 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 either be picked up at Fitness Focus, can be found by [CLICKING HERE](#) and selecting Performance Program Form, or can be found on our website at [www.fitnessfocus.me](http://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 day.

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

**Missed Training Days:** We have taken into account with our pricing that athletes will not be able to attend every training period. Therefore, makeups and training credits are not allowed.

**Weather Policy:** Fitness Focus will not cancel programs due to seasonal, weather-related conditions. However, in the case of extreme weather (snowstorm, 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.

**Refund Policy:** Sports Performance Training programs are not refundable after purchase.