

## Endurance Program

### Sanford Sports Performance / Summer 2025

Sanford Sports Performance is the regional leader in designing individualized programs 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, and the Sanford Sports Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

- This program is designed specifically for the endurance athlete. The goal of this program is to improve the athletes' ground reaction force and stride length for an enhanced running proficiency. It will incorporate running education, strength training and plyometrics.

#### Details:

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**WHO:** Offered to all **High School** athletes (entering grades 9-12)

**WHAT:**

- 8-week training program helps prepare for the fall cross country season
- Will receive a pre- and post-force plate running analysis
- Hawkins Dynamic Force Plate Testing
- Lactate threshold baseline test (\*additional fee)
- Sanford Sports Performance Lab testing services available (\*additional fee)

**WHEN:** June 3<sup>rd</sup> – July 29<sup>th</sup>, 2025 **\*(No session July 3<sup>rd</sup>)\*** / 16 total sessions  
Tuesday and Thursday @ the Sanford Fieldhouse  
9:00am – 10:30am  
\*\*Must register by Friday, May 23<sup>rd</sup>

**WHERE:** Training sessions to take place at the Sanford Fieldhouse

**FEE:** Fee of \$238/athlete (plus tax) / No make-ups or pro-rated amounts  
\*Minimum group size of 5

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

\*Select "Program" and "Add to Cart"

\*Become a "Guest" or Enter your username and password

**If you have any questions please contact *PERFORMANCE* at (605) 312-7800**