



**Excelsior**  
Orthopaedics  
Sports Performance

# ***RUNNER PERFORMANCE PROGRAM***

**» AT FLASH FIELDS «**

**STAY IN THE GAME, AND TRAIN WITH THE BEST!**

ADDING STRENGTH TRAINING TO YOUR RUNNING PLAN IS A PROVEN WAY TO ENHANCE PERFORMANCE AND REDUCE RISK FOR INJURY. LET OUR TEAM OF EXPERTS GUIDE YOU TO YOUR BEST RACING SEASON YET!

WE WILL KICK OFF OUR 8-WEEK PROGRAM WITH COMBINE-STYLE TESTING ON MARCH 22, 2025 AT 11:00 AM WITH TRAINING SESSIONS BEING HELD ON MONDAY NIGHTS AT 6:00-7:00PM. THE PROGRAM WILL CONCLUDE WITH COMBINE-STYLE TESTING ON MAY 17, 2025 AT 11:00AM.

THE PROGRAM WILL FOCUS ON INCREASING FULL BODY, LOWER EXTREMITY, AND CORE STRENGTH. RUNNER SPECIFIC MOBILITY AND FLEXIBILITY WILL BE INCORPORATED TO KEEP YOU HEALTHY AND ON THE ROADS!

**PROGRAM COST: \$180**  
(\$18/session including testing)

Scan the QR to sign up!

