

# ASITrack and Field Program

Avera Sports Institute's Track and Field Program combines traditional weight room strength and conditioning techniques with state-of-the-art speed and power technology to offer a one-of-a-kind performance enhancement system. Our focus, which includes a functional approach that replicates the demands of sport, takes the strength building benefits of traditional weight room exercises such as the bench press, squat and power clean and combines them with the fast-twitch, explosive nature of real-life movements such as running, jumping and throwing.

Our approach for developing speed and power incorporates the innovative principles of Athletic Republic, the world's largest single network of sports training franchises catering to youth, high school, college, Olympic and professional athletes. A franchise since 1994, Avera Sports Institute represents the Sioux Empire's one and only Athletic Republic training center. Our sports training program(s)...

- Use Super Treadmill running workouts to improve and maximize sprint mechanics, running efficiency, stride length and stride frequency
- Incorporate sport-specific strength exercises with patented equipment that affect changes in muscle force, angular velocity and power output
- Take a functional approach to improving on-track performance by training the foot-strike, dynamic stability, and core strength movements unique to track and field
- Offer copyrighted training programs featuring the latest in sport science research and design

The Sioux Empire's longest-standing sports training program, Avera Sports Institute's Track and Field Program represents the most effective approach for developing on-track performance.



[www.AveraSports.org](http://www.AveraSports.org)  
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605-322-**FAST**(3278)

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## Team Discounts Available

### 6 week

2 days/week	3 days/week
6 runs/6 plyos	9 runs/9 plyos
Track specific lifting/drills	Track specific lifting/drills
W/FTrack Club (Jan-Feb) Wed -Hurdles, Long Jump & Triple Jump; Fri -Sprints & Blocks	W/FTrack Club (Jan-Feb) Wed -Hurdles, Long Jump & Triple Jump; Fri -Sprints & Blocks
Cost -\$275	Cost -\$350

### 8 week

2 days/week	3 days/week
8 runs/8 plyos	12 runs/12 plyos
Track specific lifting/drills	Track specific lifting/drills
W/FTrack Club (Jan-Feb) Wed -Hurdles, Long Jump & Triple Jump; Fri -Sprints & Blocks	W/FTrack Club (Jan-Feb) Wed -Hurdles, Long Jump & Triple Jump; Fri -Sprints & Blocks
Cost -\$325	Cost -\$400



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