

# 10 REASONS TO TRAIN

at UW HEALTH SPORTS PERFORMANCE TRAINING CENTER

PRESEASON CROSS COUNTRY • JUNE 13 - AUGUST 15 • MON / WED • 3:30-4:30 PM

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## STATE-OF-THE-ART TRAINING CENTER

The 22,000 ft<sup>2</sup> facility includes a lab with 2D and 3D motion capture systems featuring Treadmetrix Instrumented treadmill that captures impacts.

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## EXPERTS IN RUNNING MECHANICS

Our staff of performance specialists and physical therapists are experts in evaluating running mechanics and improving running efficiency through training and exercise.

## RECOVERY AND RESTORATION

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Training and conditioning is not only lifting weights and running. Learning to use recovery techniques to restore your body will help you bounce back for your next workout.

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## MULTIDIRECTIONAL MOVEMENT

When running the body functions in one plane of movement. Learning multidirectional movement planes can help reduce injury and improve performance on uneven ground.

## CORE STABILITY / CONTROL

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A progressive core stability approach will help connect your trunk to your legs to improve efficiency, reduce injury and improve performance.

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## ATHLETIC STRENGTH

Increased hip strength will help reduce common running injuries like IT band syndrome and knee pain.

## EXPLOSIVE STRENGTH

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Training to improve explosive strength will help with running efficiency. Our plyometric training program is designed specifically for runners.

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## CROSS TRAINING

Utilizing different means of training will actually benefit you as a runner. It helps build balance and symmetry while varying your training program to support increased mileage.

## INJURY PREVENTION IS JUST GOOD TRAINING

10

A well-designed performance program includes training to undue repetitive trauma caused by the game while at the same time addressing physical qualities to improve performance.

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## LANDING MECHANICS

Learning to use proper landing mechanics will help improve running efficiency, reduce risk of injury and improve stride rate.

CALL (608)440-6683 TO REGISTER FOR SUMMER TRAINING  
OR REGISTER ONLINE AT [UWHEALTH.ORG/RUNNING](http://UWHEALTH.ORG/RUNNING)

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