

WHO:

Peak Performance Physical Therapy & Sports Medicine and YourTrainingZone.com team up to offer a 10-week summer running program geared toward the competitive runner.

WHAT:

The Program includes:

A beginning and end lactate step test. This lactate blood profile test identifies an individual's specific training zone, all from a small pinprick of blood. The test is highly accurate and individualized.

A 10-week individualized training plan based upon the blood profile test.

Twice weekly injury prevention clinic with exercises aimed toward running injury prevention designed by Physical Therapist, Kari Sturtevant. Kari has a special interest in lower extremity biomechanics and prevention and treatment of running injuries.

Twice monthly runs co-sponsored and led by Fox Cities Marathon winner, Sue Pierson, and Mike Pierson, M.D.

WHERE:

Peak Performance Physical Therapy & Sports Medicine, Inc.
279 Altenhofen Dr.
Appleton, WI 54913

WHEN:

Begins June 16th and ends August 22

Mondays and Wednesdays from 9:00-10:30 am or 1:00-2:30 pm.

WHAT YOU NEED:

The desire to achieve your Peak Performance using Your Training Zones!

CONTACT INFORMATION:

For more information or to sign up, please call (920) 738.0671 or email info@peakperformancefoxvalley.com. Please check out the Peak Performance website at <http://www.peakperformancefoxvalley.com> and Your Training Zone website at <http://www.yourtrainingzone.com> for more information as well.

COST:

\$400 (Includes a T-shirt and water bottle)