



# TONKA TRACK AND FIELD OFFSEASON LIFTING PROGRAM

At Training HAUS, sports performance is the platform for athletic achievement. Our team of experts are committed to building a total athlete, while reducing the risk of injury through individualized evaluation and program design. Every athlete is challenged and empowered to identify, pursue, and achieve their personal goals.

## BENEFITS

Training HAUS Track and Field programs go above and beyond conventional Strength and Conditioning lifting. We tailor our lifting sessions to address one goal: crossing the finish line first. Force production, fast-twitch muscular growth, and muscular endurance are all addressed in our program.

- Explosive acceleration
- High end speed
- Quick reactions
- Flexibility
- Powerful strides
- Injury prevention

## PROGRAM DETAILS

Training HAUS Difference:

- Training HAUS offers performance programs true to each athlete's needs; differentiating between age, experience, sport background, and future needs.
- Post-workout refueling of protein and carbohydrates are included in all training package purchases.
- On-site nutrition assistance and guidance is available.

Track and Field Program:

- Program will focus on developing stronger, faster and more explosive athletes that will enhance any event(s) an athlete competes in.
- Both Performance Coaches in Waconia are former Track and Field Athletes and current Track and Field coaches.
- Opportunities to meet athletes from other conferences and sections that you would not normally get to train with or compete against in-season.

Coaches:

- Wyatt Scheu ([wyattscheu@traininghaus.com](mailto:wyattscheu@traininghaus.com))
- Matthew Montplaisir ([matthewmontplaisir@traininghaus.com](mailto:matthewmontplaisir@traininghaus.com))

Training Location: TCO Waconia Therapy & Performance; 820 Village Way, Waconia MN 55387

## COST & REGISTRATION

Session Label	Session Availability	Cost Per Individual
Track and Field Off-Season Lifting Small Group	11:00-12:30 Mon/Wed 8:30-10:00 & 11-12:30 Tue-Fri 1:00-2:30 Mon-Thu	2-3x/week Small Group Package \$135-180/Month Discount Code <b>TonkaTrack(25%)</b>

## LOCATION

TCO Waconia Therapy & Performance  
820 Village Way | Waconia, MN 55387

**TrainingHAUS.com**

## CONTACT

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