

# Performance

Performance can be measured by the quality and efficiency of movement. What type of runner are you? Your stride length, trunk rotation, and other movement patterns will directly effect your ability to succeed.

# Position

You wouldn't build your house on a crooked foundation...would you? So why chance training so hard in a poor biomechanical position. First you must establish that you are in neutral alignment. Only then you will be utilizing your core strength in all of your body's movements to maximize your training efforts.

# Power

Power is defined as work done or energy transferred per unit of time. Are you effectively using your muscles in all three planes of human movement? When you have gained control over those planes of movement you will be able to improve your speed and time.

# Personal Record

What kind of runner do you want to be? If your goal is to run one mile or the Twin Cities marathon, how you train will dramatically affect your performance. We will discuss and provide different protocols to improve your speed, endurance, and performance.

***Taking Your Training to the***

# ***NEXT LEVEL***



The science behind who has the potential for maximum speed and endurance.

Saturday, March 26<sup>th</sup>, 2011  
8:00 am to 12:30 pm  
TRI FITNESS TRAINING  
1340 Hwy 96 E  
White Bear Lake, MN 55110

Sponsored by: Tri Fitness & Kinetic  
Physical Therapy Institute



TRI FITNESS TRAINING  
1340 Hwy 96 E  
White Bear Lake, MN 55110

# REGISTRATION

DEADLINE MONDAY, MARCH 21<sup>ST</sup>

\*\*\*PLEASE REGISTER EARLY AS  
CLASS SIZE IS LIMITED TO  
40 ATTENDEES\*\*\*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone (for confirmation): \_\_\_\_\_  
E-mail (for confirmation): \_\_\_\_\_

## Register Today!

MAIL this form with payment to:

TRI FITNESS TRAINING  
Attn: Vicki Ostendorf  
1340 Hwy 96 E  
White Bear Lake, MN 55110  
(651) 426-3619

**Fee:** \$69.00 before March 14<sup>th</sup>  
\$89.00 March 15<sup>th</sup> to March 21<sup>st</sup>

## Method of Payment:

- Check (payable to Tri Fitness)  
 Visa  MasterCard

\_\_\_\_\_  
Credit Card # Exp. Date

\_\_\_\_\_  
Name on Card

\_\_\_\_\_  
Authorized Signature

# SPEAKER BIOGRAPHIES

**Sidney Rivera II, DPT, PRC** Sid completed his Bachelor of Science degree in Kinesiology in 2000 from the University of Minnesota and his Doctor of Physical Therapy from St. Catherine University in Minneapolis in 2006. He has also been a certified personal trainer by the American Council on Exercise (ACE) since 2000. His experience in Physical Therapy and personal training has spanned across the entire age and fitness spectrum, from pediatrics to geriatrics and professional athlete to recreational exerciser. Sid currently works at Kinetic Physical Therapy Institute with their unique scientific approach to patient care called Postural Restoration (PRI). He has earned the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of poly-articular chains of muscles on the human body as defined by the Postural Restoration Institute.

**Abra Weise** Abra attended the University of Iowa where she earned a B.S. in Physiology. She became an ACSM certified personal trainer in 1995, specializing in injury rehabilitation and muscle balancing. Taking a brief break from training, Abra did research for the University of California working on two studies, The Cardiovascular Health Study and The Women's Health Initiative. Training runners, in particular, has been a focus for Abra in the last 10 years. During that time she has coached ultra runners (those specializing in distances beyond the marathon), been a head coach for high school varsity track and cross country teams, and worked with many individuals running all distances in between. Abra has completed 6 marathons, numerous half marathons, and competed in many shorter races as well. She recently started up a program called Endure Training in Stillwater, MN, specializing in marathon training. In 2009, Abra added NASM to her certifications, and joined the Tri-Fitness team in White Bear Lake. There you can find her working with runners of all kinds and women's weight loss programs.

# COURSE DESCRIPTION

This clinic is designed for the runner looking to maximize training efforts, improve performance, hit personal records, and avoid injuries. This unique and powerful approach to running in relationship to posture, endurance, strength, and speed can be the difference to take your training to the next level. We will help you learn the tools of success through demonstration, exercises, training programs, and nutrition education.

## COURSE AGENDA

Saturday, March 26<sup>th</sup>

- 7:30 - 8 Check-In and Light Breakfast  
8:00 - 10 Are you in the correct *POSITION*?  
Demonstration and Exercise Lab  
  
10 - 10:15 Break (snacks provided)  
  
10:15 - 12 What are *YOU* training for?  
Training Techniques and Nutritional  
Tips for Specific Goals of Speed,  
Strength, and Endurance.  
  
12 - 12:30 Questions



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