

# Avera Sports Institute Running Club



- Are you interested in training for a road race or running event? Whether you're an experienced competitor or have never participated, we have the program for you
- Training programs are offered year-round at Avera Sports Institute
- Training is comprised of base, transition, and peak training
- For more information, stop by or contact the Avera Sports Institute at 605-322-FAST (3278)
- Training will focus on all aspects of running including hill work and speed training, strength and core workouts, and VO2max, blood lactate and body composition testing.
- Program written and administered by the professional staff at Avera Sports Institute

**Avera**   
Sports Institute

[www.AveraSports.org](http://www.AveraSports.org)