

# Athletic Performance

## OUR APPROACH

Our nationally certified coaches will build each athlete based on the athlete or coach's goals. We will help the athlete:

- Become efficient
- Strengthen under-active muscles
- Develop proper mechanics based on their sport
- Build coordination and sequence of muscle recruitment

## Team Training

Is your team looking for an edge this season? Our certified coaches can help your athletes generate speed, force production, strength, agility, power, and endurance. We also bring the team together by implementing strong team building exercises during the workout program. Open to all sports. We will customize a program based on duration of training and your team's outcome goals. All rates are good for one month. Must reserve training three months in advance to reserve court/field space for training.

### 1x per week/month

- 5 to 30 athletes
- 60 minutes of strength and conditioning, speed and agility, and team building exercises.

Member \$30/Athlete  
Activity Member \$50/Athlete

### 2x per week/month

- 5 to 30 athletes
- 60 minutes of strength and conditioning, speed and agility, and team building exercises.

Member \$50/Athlete  
Activity Member \$80/Athlete



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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# YOU CAN

**Motivation** is what gets you started.

**Habit** is what keeps you going.

-Jim Ryun

**Contact one of our locations to set up your wellness consultation today!**

**OSHKOSH COMMUNITY YMCA**  
[www.oshkoshymca.org](http://www.oshkoshymca.org)

**DOWNTOWN**

**236-3380 • 324 Washington Avenue**

**20TH AVENUE**

**230-8439 • 3303 W. 20th Avenue**

# BE YOUR BEST YOU

**YMCA**  
**ATHLETIC PERFORMANCE TRAINING**

If it doesn't challenge you,  
it doesn't change you.

-Fred Devito



**OSHKOSH COMMUNITY YMCA**

## YMCA PERSONAL TRAINING



You must begin to **think** of yourself as becoming the person you want to **be**.

-David Viscott

### Monthly Marathon Program

With the Marathon Package, (5k, 10k, Half-Marathon, Full-Marathon, Ultras) you will receive a gait analysis in which a professional uses a video camera to break down the athlete's running form, so that the analyst can look for weaknesses that limit the runner's efficiency. The athlete will receive feedback that can be compared with later assessments. Analysis is available for runners of all skill levels and ages. In addition, the athlete will receive a full body mapping analysis. The assessment will begin with a static postural analysis and then follow with a dynamic postural analysis. The professional will look for mal-alignment in which overactive and underactive muscles will be found. You will then be given exercises to work on based on the diagnosis of the gait analysis and body mapping. You will work one on one with your coach to help you cross the finish line or compete for your next personal record.

- Gait Analysis
- Body Mapping
- 8- Half-Hour Sessions
- Written Program (one month)

Member \$300 • Activity Member \$375

### Monthly Tough Mudder Training Program

Are you looking to complete a Tough Mudder or a Spartan Race? Our nationally certified trainers can help you cross that finish line. We will build your endurance and strength to help you get over that obstacle and run the distance.

What does the plan offer?

- 8-30-minute personal training sessions
- Monthly Written Plan
- Body-Mapping
- Gait-Analysis

Member \$300 • Activity Member \$375

I'm not telling you it's going to be easy,  
I'm telling you **it's going to be worth it.**

-Unknown

### Monthly Triathlon Program

This plan was specifically designed for any triathlete who wants to be race ready. The program includes:

- One month written program
- 8- 30 minutes personal training sessions
- Body Mapping (to help you become more efficient as a triathlete)
- Gait Analysis

#### Plan schedule

The schedule includes 2 workouts per week to include swimming, biking, swimming, and strength training.

Every week your volume will increase based on your lifestyle and the time you have available to train.

#### Background requirements

- You should be able to swim at least 100 yards in a workout.
- You should be able to bike at least 5 miles.
- You should be able to run at least 1 mile.

These minimums constitute the average distance and times for the first few weeks of a sprint triathlon training workout.

Member \$300 • Activity Member \$375

A nationally certified personal trainer will coach, motivate and inspire you to reach your goals and achieve the results you have always wanted. There is no better way to reach your wellness goals, train for an event or achieve optimal health than to work one-on-one with a Personal Trainer.

**Call today and get started now!**

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