

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

DOWNTOWN

236-3380 • 324 Washington Avenue

20TH AVENUE

230-8439 • 3303 W. 20th Avenue

ACHIEVE YOUR PERSONAL BEST

Team Strength and Conditioning, Marathon Training, Triathlon Training, & More!

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

-Fred Devito



OSHKOSH COMMUNITY YMCA

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
- 3 Sessions with our Sports Dietitian
- 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.

The same voice that says "give up" can also be trained to say "keep going!"

-Unknown

What does the plan offer?

- 8-30-minute personal training sessions
- Monthly Written Plan
- Body-Mapping
- 3 Sessions with our Sports Dietitian
- Gait-Analysis

Member \$300

Activity Member \$375

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)
- 3 Sessions with our Sports Dietitian
- 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 life-style and the time you have available to train.

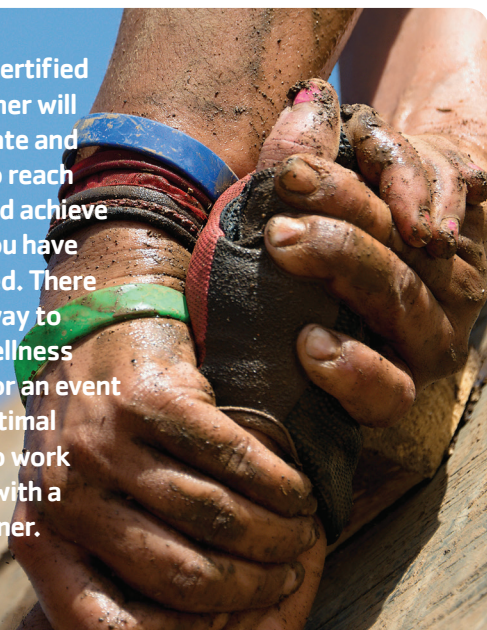
Background requirements

- 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.



University of Wisconsin Oshkosh (UWO) KINESIOLOGY PARTNERSHIP OPTIONS

Bod Pod

The Bod Pod is based on whole-body air displacement plethysmography, a scientifically validated method for measuring human body fat percentage. Because of its accuracy, the Bod Pod service is ideal for those who wish to track how they are doing before, during, and after starting a new exercise, diet, or other health program.

FEE: \$75

Indirect Calorimetry

Do you want to know how many calories you are burning at rest? This add-on service will help you measure your caloric needs based on your specific goals. We do this by measuring the difference between inspired and expired levels of oxygen and carbon dioxide, determinants of VO₂ and VCO₂. These values are then converted to an REE (resting energy expenditure).

FEE: \$125

Absolute VO₂ Testing

A VO₂ Max test involves a graded exercise test on a treadmill or on your bike. The test begins at a very light intensity and gets slightly harder each minute until maximum exertion. The subject wears a mask and we measure the volume of air expired along with the percentages of oxygen and carbon dioxide in the expired air. From this data, we determine your Aerobic Threshold, Lactate Threshold and VO₂Max.

FEE: \$125

Call today and get started now!

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