



# TRACK AND FIELD PRE-SEASON PERFORMANCE TRAINING

Program Details – Limited to 20 Athletes | Registration Closes December 9th

### Training HAUS Difference:

- Training HAUS offers individualized, sport specific training programs to optimize each athlete’s development
- Post-Workout fueling of protein and carbohydrates are included with every session
- On-site sports dietitian is available for 1 on 1 nutritional coaching

### Track & Field Pre-Season Performance Training:

- Event Specific Training (sprints, jumps, throws, distance)
- Acceleration & Sprinting Mechanics
- Lazer Time Sprinting
- Correct Lifting Form
- Full Body Strength, Power and Plyometrics
- Injury Reduction



**Training Location:** Training HAUS - Waconia – 820 Village Way, Waconia, MN 55387

**Training Schedule:** Dec 2nd – March 7th

- Monday / Wednesday / Friday: 3:30-4:45 pm

**Costs & Registration – 1st 10 athletes registered will receive a free evaluation**

| Training Package | Package Cost           | Registration Link   |
|------------------|------------------------|---|
| 10 Pack          | \$250 - \$25/session   | <a href="https://TrainingHAUS.com/Track-And-Field-24-10">TrainingHAUS.com/Track-And-Field-24-10</a> |
| 20 Pack          | \$450 - \$22.5/session | <a href="https://TrainingHAUS.com/Track-And-Field-24-20">TrainingHAUS.com/Track-And-Field-24-20</a> |

### Meet Your Coach

Matthew Montplaisir will be your performance coach at Training HAUS – Waconia. He values developing genuine relationships with the athletes he coaches and loves helping them enjoy exercise and pursue their goals in life and sport. A former Gustavus T&F captain, Matthew actively competes in track and field, posting lifetime PR’s in the 60M, indoor 200 and long jump this past winter/spring. He coaches boys long and triple jump at Minnetonka, where 5 long jumpers have qualified for state over the past 3 seasons. Under Matthew’s coaching, Duke freshmen Tobias Williams improved from 17’9 as a freshman to 23’4 as a senior, breaking Tonka’s school record and placing 4th at state in long jump.



**You will enjoy running, jumping and throwing PR’s, I guarantee it**