

got speed?

THIS SUMMER, ZOOM SPORTS IS OFFERING A SPEED TRAINING PROGRAM THAT WILL PROVIDE SUPPLEMENTAL TRAINING THAT WILL COMPLIMENT THE TITAN SUMMER STRENGTH AND CONDITIONING PROGRAM.



PROGRAM WILL INCLUDE:

12 TREADMILL SESSIONS

each session will focus on improving:

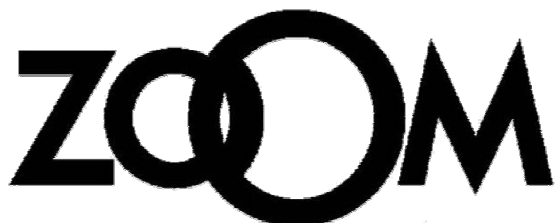
RUNNING MECHANICS
LINEAR SPEED AND ACCELERATION
RECOVERY TIME
HIP GIRDLE STRENGTH
HAMSTRING STRENGTH
CORE STRENGTH

*2 training sessions
per week for 6 weeks
Sessions need to be
completed by August 1st.*

PROGRAM COST

only

\$300



...located inside the Dr Pepper Star Center

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Frisco, TX 75034

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zoomsports.net