

# Water Cross Training Program for Runners



**NOTE:** You **DO NOT** have to be a member of the Summa Wellness Institute to participate

**Goal:** To improve athletic performance while reducing the likelihood of overuse injuries sustained by runners. Exercises will help develop speed and power, as well as improved cardiovascular conditioning without the stress to the legs.

## Benefits:

- Provide a structured and challenging means to cross train
- Provide recovery from a hard training season by providing a water based program
- Improved performance while reducing the likelihood of overuse injuries sustained by runners.
- Exercises will help develop speed and power, as well as improved cardiovascular endurance while reducing the stress on the legs

## Comments from participants:

- "This was a fantastic program and Ellen is an excellent instructor"
- "My legs have felt great and I've been able to run faster"

## The program: Tue/Thurs 7-8pm October 6 – November 12, 2009

- 2x/wk x 6 weeks; Sessions lasts 45-60 minutes
- 1:15 ratio maximum staff to athletes (minimum of 6 for the program to go)
- Deep water and shallow water training

**Cost:** \$75 per person

**"In my practice, I treat a lot of runners. One of the biggest reasons so many of the runners are injured is due to their lack of cross training. I spend a lot of time talking to runners about the importance of getting off their legs and doing another form of training. This water program is a perfect alternative to cross train runners."** – Dr. Nilesh Shah, Medical Director for Summa Center for Sports Health

**Summa Wellness Institute**  
**5625 Hudson Dr., Hudson**  
**(330) 342-4400**

**Pre-Registration Required:** Summa Wellness Institute at 330-342-4400

## Mail in:

Summa Wellness Institute  
5625 Hudson Dr.

Hudson, OH 44236

**Checks Payable to:** Summa Wellness Institute

[www.summahealth.org/sportshealth](http://www.summahealth.org/sportshealth)