

# SPEED TRAINING



## WHAT IS SPEED TRAINING?

Speed training is a specific form of training that focuses on running mechanics, speed and intensity. It primarily occurs on a treadmill. The desired outcomes are to improve running mechanics and speeds on ground. In other words, the training done on the treadmill translates into the work performed on the track, field or court.

## HOW IS SPEED TRAINING DIFFERENT AT MADONNA WELLNESS CLUB?

Our certified personal trainers utilize thoughtful programs and a specialized treadmill, designed to operate at higher speeds and incline than standard treadmills. The top speed is 31 mph and maximum incline is 40%. This allows for a unique method of speed training that safely increases the intensity and ability to improve over ground speeds.

## WHERE DOES THE PROGRAM OCCUR?

- At Madonna Wellness Club in the functional fitness area
- Madonna Wellness Club is located at 7111 Stephanie Ln. in Lincoln, NE (near 55th & Pine Lake Rd.)



## WHAT IS THE COST?

There are individual prices, starting as low as \$20. Select discounts are provided when combining services together. Team discounts are available.

## HOW TO REGISTER AND SCHEDULE?

To register, call Madonna Wellness Club's Fitness Manager at 402.413.4012. Each phase can be scheduled for an individual or a team. Availability is subject to provider schedule.