

Performance Training & Injury Prevention for Runners

For more information, or to schedule an appointment please call:

The Sanny & Jerry Ryan Center for Prevention & Genetics
701.732.7620.




Advanced
Orthopedics

EXOS

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EXOS


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PERFORMANCE TRAINING & INJURY PREVENTION FOR RUNNERS

Whether you are training for your first 5K or gearing up for a personal record on your next marathon, Altru's "Performance Training and Injury Prevention for Runners" can help you meet your goals. This comprehensive program offers individualized recommendations on diet, technique, training and injury prevention to help you improve your performance.

PERFORMANCE PACKAGES

Fundamental\$225

Includes

- » Musculoskeletal Evaluation
- » Footwear/Orthotics Recommendations
- » 2D Video Running Analysis
- » Individualized Home Exercise Program

Advantage\$625

Includes

- » Fundamental package
- » Cardiovascular VO2 Submax Aerobic Testing
- » Nutrition Consult with Body Composition Test
- » 3 Performance Training Sessions

Professional\$975

Includes

- » Advantage package
- » Meal Service from Hugos
- » Thorne Research Supplements
- » 2 Additional Performance Training Sessions
- » Truyu sports massage



Our Team

At Altru, we are committed to helping you reach your personal running goals. To bring you comprehensive programs that can be tailored to your needs, our performance specialists and dietitians at Altru's Sports Advantage powered by EXOS have teamed up with the therapists and health coaches at the Sanny and Jerry Ryan Center for Prevention and Genetics.