

L.I.F.Training ATHLETIC & FITNESS CLUB
8233 Forsythia Street • Unit 109 • Middleton, WI • 53562
Phone: 608.203.6550 Fax: 608.203.6601
www.liftraining.com



L.I.F.T. Speed Camp



Want your Competition to be dust?

Speed is the most treasured of all the athletic qualities. Like any other motor task, it can be learned and improved. Our **Speed Camp** seeks to improve all aspects of speed through a systematic approach for all sports: first step quickness, acceleration and deceleration, change of direction, power, agility and running mechanics. **L.I.F.T. Speed Camp** is about learning how to apply speed to your game, design speed workouts and integrate strength development with speed development.

Options & Benefits:

- 1 or 2 day camp lead by a Performance Enhancement Specialist
- Off- Season Programs: Speed, Strength, Pre-Habilitation
- In-Season Programs: Speed, Strength, Pre-Habilitation

L.I.F.T. Speed Camp is developed and conducted by **Mara Wyttenbach**, Owner, M.S. / C.S.C.S., Performance Enhancement Specialist & former UW Women's Soccer Captain and Player, along with **Craig Wyttenbach**, Owner, Performance Enhancement Specialist & former UW Football Player.

Contact L.I.F.Training today to discuss your SPEED CAMP needs! 608.203.6550