



THE PROGRAM INCLUDES:

Treadmill Running – Completing the running program on the super treadmill helps athletes achieve increased maximum sprint speed, anaerobic endurance, improved sprinting biomechanics, increased anaerobic base for long-distance running, increased body balance and awareness, improved body composition, and enhanced self-esteem, all of which contribute to speed, endurance, and overall athletic success. The Super Treadmill has a top speed of 28 mph and incline of 40%. By adjusting the interval time, speed and incline level of the treadmill, the two major components associate with running faster, stride length and stride frequency, are developed.



Backpedaling – this type of running increases functional loading of hamstrings and quadriceps with a minimal impact load.

Plyometrics – The plyometric program is designed to help improve your power, quickness, coordination, core stability, balance, and awareness of your body composition through multi-directional exercises.



Strength Training Program

The Frappier Acceleration Program utilizes weight training machines to strengthen key muscle groups of athletic performance.



The Keys to SUCCESS...

- Increase Maximum Sprint Speed
- Increase Anaerobic Tolerance
- Improve Sprinting Biomechanics
- Increase Dynamic Balance
- Improve Body Composition and Enhance Self-esteem

Frequently Asked Questions

How many times a week do athletes train?

Most Athletes choose to train 3 times a week but this may vary depending upon the program you choose.

How long does the program last?

Ideally the program should begin 8 weeks before your sports season; but again this may vary depending upon the program you choose.

How do we get involved in or get more information on Acceleration Training?

You may call one of our Heart of America Sports Acceleration Staff members or stop by. Located on First Floor of the Medical Center in the Wellness Center.

Heart of America Medical Center



a proud member of the

ATHLETIC REPUBLIC

Heart of America Medical Center
800 S. Main Ave
Rugby, ND 58368
701-776-5261 Ext. 2209

Heart of America Medical Center 800 South Main Ave Rugby, ND 58368 701 776-5261 Ext. 2209

The Heart of America Sports Acceleration staff will assist you in choosing a program that will best enhance your athletic performance! Check out the PROGRAMS currently being offered.

The Program we recommend:

Treadmill Program One

- 8 Treadmill Sessions
- 4 Backpedal Sessions
- 6 Plyometric Sessions
- Pre and Post Testing
- Strength Training Program

Cost \$300.00

Group Rate of 5 or more: \$25 off each athlete

Team Rate of 10 or more: \$40 off each athlete

The Frappier Acceleration Sports Training Programs are a systematic series of supervised training protocols and sport-specific exercises designed to safely enhance the physical performance of athletes of all ages, interests, and skill levels. Pioneering Exercise Physiologist, John Frappier, orthopedic physicians, physical and occupational therapists, exercise physiologists, biomechanics and athletic trainers, has developed sport-specific protocols of these innovative programs.

These unique protocols were developed to improve overall athletic performance and specifically target improvements in:

- Acceleration and sprint speed
- Agility and balance
- Power and quickness
- Strength and stamina
- Neuromuscular coordination



Acceleration Programs

Youth Protocol

- (Specially designed for youth from age 9 – 12)
- ~ 8 Treadmill Sessions
- ~ 8 Plyometric Sessions
- ~ Pre and Post Testing
- ~ Strength Training Program

Cost \$275.00

Cheerleading Program

- ~ 10 specially designed sessions utilizing the Frappier Sport Cords
- ~ Pre and Post Testing
- ~ Strength Training Program

Cost \$185.00

Group rate of 5 or more - \$15 off each

Plyometric Program

- ~ 12 Plyometric Sessions
- ~ Pre and Post Testing
- ~ Strength Training Program

Cost \$200.00

Treadmill Program Two

- ~12 Treadmill Sessions
- ~Pre and Post Testing
- ~Strength Program

Cost \$200.00

Treadmill Program Three

- ~ 12 Treadmill Sessions
- ~ 6 Plyometric Sessions
- ~ Pre and Post Testing
- ~ Strength Training Program

Cost \$300.00

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