

PRAIRIE

Fit

RAISE YOUR GAME

TEAM TRAINING WITH PRAIRIE FIT

Team training from Prairie Fit provides a customized program designed for your team's needs whether it's speed, conditioning, strength, agility or something else.

We create a comprehensive program designed to meet the needs of your team and the sport you play.

Sessions can also be customized by training techniques desired, quantity of sessions, equipment needed, number of participants, and your unique team building needs.

Contact Dan Schaffer

schaffer@plfdparks.org | (815) 436-8812 ext. 2705



Prairie Activity & Recreation Center (PARC)
24550 West Renwick Road | Plainfield, IL

* Price starts at \$12 per team member, per session. Minimum of 6 team members required. Call for details.

BENEFITS OF PRAIRIE FIT TEAM TRAINING PROGRAM

BE PREPARED:

Proper training techniques & principles will keep your young athletes healthy & positioned to excel

BE EFFECTIVE:

Prairie Fit trainers will tailor effective strength training programs, paired with speed and agility training, specifically to your team's needs

BE CONSISTENT:

Year-round consultation and support for your team will ensure continued performance gains

TYPES OF TEAM TRAINING

PRE-SEASON TRAINING

Increase speed and agility, along with strength training to prepare for the upcoming season

IN-SEASON TRAINING

Focus on Injury Prevention, Core Strength, Balance, Running Technique, and Flexibility.

OFF-SEASON TRAINING

Improve physically and tactically use aerobic and anaerobic activities