

# FAST

Fitness and Sports Training of Wisconsin, LLC



Dwight Sandvold

## Performance Training For Middle School Cross Country and Track Athletes

*Can your body tolerate the intensity and volume of training it takes to achieve the speed and endurance of a champion?*

*It's time to take yourself to the next level of success this winter!*

### What is Coach Dwight's Focus?



Coach Dwight Sandvold is an Athletic Trainer as well as a Certified Strength and Conditioning Specialist. Dwight is a 4 time Boston Marathon, and a 3 time Ironman Hawaii qualifier. Past participants include numerous Division 1 scholarship athletes.

*"I have known Dwight Sandvold for many years as a leading strength, fitness and nutrition expert. He has been very successful in working with many of our athletes at Arrowhead. His work has been to improve our runner's strength, balance and mobility. I attribute much of the success that these all state runners had to Dwight's off season class that he conducts at his fitness center."*  
*Sincerely, Mike Mulrooney Cross Country Coach Arrowhead High School*

**Dates:** March 19 - May 14, 2018 (8.5 weeks)  
Monday and Wed. 4:15- 5:15

**Location:** 592 W North Shore Drive, Hartland, WI

**Fee:** \$235.00 per individual

**To Register:** Visit [www.fastandyou.com](http://www.fastandyou.com) and click the flyer under the Performance Training tab. Then click the "pay here" button. Checks to FAST, in advance are welcome.



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