

# FAST

Fitness and Sports Training of Wisconsin, LLC



Dwight Sandvold

## Performance Training For 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 summer!*

### 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."*

*Mike Mulrooney, Cross Country Coach Arrowhead High School*

Dates: Session 1: Nov. 4th – December 26, 2024 (8 weeks) | \$250.00

Mon. and Wed. 4-5 or Tues. and Th. 4-5

Session 2: December 30 – March 6, 2025 (10 Weeks) \$310.00

NOTE: Register for both sessions (\$520.00) save \$40.00  
To register: [www.fastandyou.com](http://www.fastandyou.com) and click Performance Training on the home page.

**Note:** Click on flier for days you wish to attend – M/W or T/Th

Venmo payment is welcomed: @Dwight-Sandvold