



# Strength Training Program for Runners

Athletic Training and Sports Performance Clinic  
at Northwestern Medicine Orthopaedics

Effective strength training can help you increase your endurance, improve your stride and run faster.

The Strength Training Program for Runners at Athletic Training and Sports Performance Clinic at Northwestern Medicine Orthopaedics is based on maximal strength training and designed for runners at all levels.

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Our dedicated athletic trainers will determine your specific training needs through individualized testing, and help you:

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Develop strength and power to move with more efficiency

Produce more force to the ground in a shorter amount of time, so you can run faster

Achieve better hip extension by focusing on the mobility, stability and strength of gluteal muscles

Improve reactive strength and stretch reflex capabilities

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The clinic runs for eight weeks, with two 60-minute sessions each week. The next clinic starts

## ○ Location

**Athletic Training and  
Sports Performance Clinic  
at Northwestern Medicine  
Orthopaedics**

27650 Ferry Road, Suite B20  
Warrenville

To learn more or register, visit  
[nm.org/sportsperformanceclinic](https://nm.org/sportsperformanceclinic)  
or call 630.315.8764. TTY for the  
hearing impaired, 630.933.4833.

