

“Greatness comes with vision, and vision is the ability to see how today’s work affects tomorrow’s results”

Toby Gerhart, Minnesota Vikings

- Training is for athletes ranging from 9 years old to the Professional Athlete
- Athlete will train twice a week in a one month program (8 workouts)
- Sessions are approximately one hour long
- Training consists of: Form Running, Incline Running, and Over Speed running on Tred X 30-30 Treadmill, as well as ground based plyometrics and agility drills for on-field translation

Using proven and research based protocols, athletes will be pushed harder and faster to achieve maximum potential.

Toby’s Treadmills by TG Training Inc. was created to give back to the community and help the Inland’s future sports stars reach their maximum athletic potential. Toby’s Treadmills uses research based and proven training concepts, coupled with cutting-edge equipment, to train the body to move correctly by increasing the speed of contraction to ultimately build a faster, stronger, and better athlete.



SPACE AND TRAINING TIMES ARE LIMITED!

Call Today to Get Running!

(951) 751-6570

Located in Norco