

## Update: RunSmart Level One

Contributed by Administrator  
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RunSmart Level One is an introduction to the philosophy and application of "RunSmart: A Comprehensive Approach To Injury-Free Running". Starting in September, RunSmart Level One will be offered in two different formats to more effectively guide the athlete - a four week program, and a half day weekend clinic.

RunSmart Level One consists of both classroom educational sessions and practical gym sessions. Small group sessions promote interaction and more individualized instruction and supervision. Sessions are lead by the author, Allan Besselink, and Marc Frazier, owner of South Congress Athletic Club. Session topics include running mechanics/form, strength training, plyometrics and drills, and Recovery-Centered Training. The RunSmart book is used as the primary resource manual and reference for the program and is included in the program fee.

RunSmart Level One is offered in three different formats:

1. Classroom and practical - 2 sessions per week over 4 consecutive weeks (8 sessions total) - cost is \$100. These sessions are offered on Tuesdays (practical) and Thursdays (classroom) at 7:00 pm at South Congress Athletic Club, the home of the Smart Life Institute.
2. Classroom only - 1 session per week for 4 consecutive weeks (4 sessions total) - cost is \$60. The classroom sessions are Thursdays at 7:00 pm.
3. A half day clinic - covers the same content as #2, but in a 4 hour weekend clinic format - cost is \$60.

Registration is online with the next clinic on Sunday September 14, 2008 and the next four week program starting on Tuesday October 7, 2008 (introductory session on Thursday October 2).

A Level Two program will also be offered in the Fall 2008 as an extension of the Level One program. The sessions will be smaller and more attention will be given to individual program development.