

RunSmart

Contributed by Administrator
Monday, 31 July 2006
Last Updated Thursday, 03 August 2006

The RunSmart™ program is designed for anyone wanting to become a better runner and to prevent injury – regardless of skill, mileage, or running pace.

Up to 60% of runners will sustain an injury within any given year. Poor running mechanics, in conjunction with poor, ineffective and outdated training methods, can pose a significant injury risk. The RunSmart™ seminar program is designed to give you an understanding of proper running mechanics, how to develop these skills, and how to integrate them into an injury prevention-based training program.

The program will consist of three one-hour sessions:

Session 1: Running Mechanics

Session 2: Building The Components – The Role of Drills, Strength Training, Power, Intervals, and Plyometrics

Session 3: Putting It All Together – A Functional Basis for Injury Prevention-Based Run Training

Cost:

- | | |
|--|--------------------------------|
| - Seminar series (three sessions) | \$45 |
| - Seminar series and individualized video analysis | \$99 (includes a 40% discount) |
| - Individual seminar sessions | \$15 per session |

Location: RunTex Annex (Riverside) Mondays at 7:00pm

Dates: Refer to SSI website for current dates

Pre-registration is required. For more information, please contact Allan Besselink at 914-0871 or via email at coach@smartsport.info.