RunSmart

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

The RunSmartâ, ¢ 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 Poor running mechanics, in conjunction with poor, ineffective and outdated training methods, can pose a significant injury risk.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 RunSmartâ, ¢ 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

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Cost:

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

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