

RunSmart Sessions Update

Contributed by Allan

Monday, 11 June 2007

Last Updated Tuesday, 13 November 2007

The next RunSmart series will begin on January 7, 2008. The dates for the three session series are January 7 (Running Mechanics), January 21 (Strength-Plyometrics-Drills-Intervals), and February 4 (Recovery-Centered Training). Pre-registration via phone, web, or email is required. The RunSmart series has a rotating schedule much like a typical academic calendar. Register for the series - and take the sessions in order at any time during the year!! Program offerings are available on the "Calendar" link on this site.