

RunSmart

What is the RunSmart program? RunSmart is a running mechanics program based on the book "RunSmart: A Comprehensive Approach to Injury-Free Running" by Allan Besselink, PT, Dip.MDT. It is offered in three ways:

RunSmart Level One - four one hour group educational sessions over four weeks. This includes sessions on running biomechanics/form, strength-plyometrics-drills, and "Recovery-Centered Training". The program will guide you in developing an optimal training program that emphasizes Recovery-Centered Training principles.

RunSmart Level One (with practical sessions) - four one hour group educational sessions over four weeks, along with four weekly practical/strength training sessions during the same period.

RunSmart camp - the same material offered in a four hour / half day weekend camp.

Sessions can also be taken individually.