

Learn the Secrets to Running **EASIER & FASTER!**



Sun., March 8, 2009
1 p.m. - 4 p.m.

Only \$49.00



Ocean Community YMCA, Mystic, CT

Join expert running and multisport coach Al Lyman, CSCS, creator of *Runner-CORE* (www.runner-core.com) for this comprehensive 3-hour running workshop.



Come prepared to run. Your running will be videotaped for gait/form analysis using the very latest in motion analysis software.

What you will learn:

- ★ What is happening throughout your legs & core as you run, and how that impacts how you should train
- ★ How to optimally approach daily training for improvement
- ★ The key elements of good running form and technique
- ★ Secrets to staying injury free:
 - ★ Critical functional and core strength exercises that are running specific
 - ★ Key stretching and flexibility exercises to run easier and avoid injury

What you will get:

- ★ Running form and gait analysis using the latest in digital video/motion analysis software
 - ★ You will be provided your video with Coach Al's audio analysis in the week after the clinic
- ★ Handout of all Power-Point slides and materials used in clinic and more!

LIMITED SPACE for optimal one-on-one coach/athlete interaction!! **Act NOW!**

For more information about the workshop and to register,
go to: <http://coach-al.com/clinics>

Info: Call 860-912-0818 or email: coachal@coach-al.com

Running Workshop