

Free Running Workshop

Strength Training for Runners

Did you know...Recent studies suggest adding resistance training to your running program will greatly enhance your running efficiency and performance compared to traditional run training alone

Topics to be covered:

- Why strength training is critical to improving running performance
- Review of scientific evidence for adding strength training to traditional running programs
- How to best incorporate strength training into your training plan

When & Where

Saturday, July 17
9 - 10:30 am

Kinetesis Sports Injury & Performance Clinic
1600 Bedford Hwy., Suite 303
Bedford, NS



This workshop is FREE, but space may be limited. We ask that as a courtesy you call our office to sign-up to ensure there are enough workshop packets for everyone who attends.



To Sign-Up call the Kinetesis Sports Injury & Performance Clinic

407-7207