

# Running Clinic



**Saturday, July 23 | 10:00am Check-in**

**CrossFit Endurance certified trainer Scott Todnem and the CrossFit Amplify personal trainers offer expertise to:**

**Run faster**

**Train smarter**

**Improve mechanics**

**Stay injury free**

**Cut mileage**

**Strength train**

**Stretch/mobilize**

**Race 5k/10k/13.1/26.2**

## Open to the public

\$5 donation goes towards CrossFit Amplify

10:00am-12:00pm

### Address:

5403 Patton Dr.  
Unit 216  
Lisle, IL 60532



**[crossfitamplify.com](http://crossfitamplify.com)**

**[facebook.com/crossfitamplify](https://facebook.com/crossfitamplify)**

## Clinic highlights

POSE running technique: what it is and what it isn't.

Video analysis

Drill work

Post-session CrossFit workout

BBQ afterwards!