

Running Basics

Saturday, November 18, 2017 • 7:00 -10:00 am

Running Form

Running Efficiency

Nutrition

Eating for the Run

Injury Prevention/Stretching

Staying Healthy

Training Progression

When, How, Why

Motivation

Staying Mentally Strong

Facilitator

Coach Lisa Turner, ACSM-CPT
RRCA/USATF Certified Running Coach



Fee: \$50

Call to reserve your spot

InStep - Delafield

615 Genesee St. (Hwy C)

(262) 646-3013

