



Holistic Health & Fitness

TRANSFORM YOUR RUNNING PRACTICE **Train Smart to Run with Optimum Efficiency & Minimal Tension**

Did you take up running during lockdown or want to this Autumn?

Tried running in the past but given up because you saw little improvement?

Are you an experienced runner who wants deeper knowledge of how to support your body?

The high impact nature of running puts a great deal of stress on the spine and lower joints of the body, increasing the potential for injury – every runner's nightmare.

A realistic ***running practice*** programme can increase your commitment to and enjoyment of running, enabling you to maintain a healthy body and achieve your goals faster.

Do you want to run with the fluidity and ease of an athlete?

If so, this 6 week, progressive programme will introduce you to techniques and concepts to enhance your running practice, to become a more resilient and efficient runner.

SUITABLE IF YOU'RE A RUNNER WHO WANTS TO...

- gain a deeper understanding of how your body works to maximise its potential.
- develop a focused, easy to implement training practice to support your running.
- learn conditioning exercises to successfully deal with the forces and load of running.

BENEFITS

- Identify your muscular imbalances and asymmetries and how to minimise them.
- Improve hip, knee and ankle mobility and stability.
- Learn progressive conditioning exercises for building endurance and efficiency.
- Embody your natural bone rhythms to reduce joint wear and tear.
- Practice drills to increase your athleticism.
- Equal emphasis on performance, maintenance, relaxation & injury prevention.
- Stimulate & strengthen your feet – an often neglected part of the body.
- Be shown how changing your mindset with improved mental imagery will help achieve your running goals faster.

FAQs

- Will this course cover different running styles?

The overriding aim is for you to learn what you need to do to support your body before, during

and after running. Different running techniques and styles may be touched on but is not the aim of this course.

- I'm recovering from an injury and am not currently running; can I still join?

Ideally, injuries should be 'old and cold', due to the physical nature of the course. Injury prevention will be covered, as that is an important topic but the course is not rehabilitation based.

- I run for pleasure, rather than for any competitive reason, why should I enrol?

Running for personal pleasure can still mean you can run into problems. You may even now be running with niggling issues which longterm could lead to injuries. By investing in this course, you'll be optimising your running potential.

- I have recently started running or plan to start, how is this different to a programme like Couch to 5K?

Running programmes like Couch to 5K can be very successful at getting you started or if you're returning to running after a break. However, running by itself, isn't sufficient to make you an efficient runner. Transform your Running Practice hones in on what you need to do in conjunction with your running. Done in tandem, it is the perfect compliment.

- I have been running a long time, will I benefit from the course?

Our bodies are a work in progress and there are always improvements we can make, even if we're a pro at what we do. There can be considerable direct and indirect gains from doing detailed bodywork you will experience if you partake.

- I play a multi-directional sport (eg football, tennis), would this be suitable for me?

Yes, although the focus will be for runners. However, multi-directional running sports put demands on your body that are different to just solo running, requiring your body to be even more responsive and agile.

Do I need equipment for this course?

No, any equipment will be provided.

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