

# RUN SMART PROGRAM



A Running Program unlike any other, highly intelligent and easy to follow!

It is a fact that some 70% of all runners are plagued with injuries from their feet to their low backs and all points in between. These injuries tend to become more noticeable as our mileage progresses with training.

At the very least this epidemic is frustrating, worse case, these chronic overuse injuries can lead to retirement as a runner on doctors advice.

Our program is not focused exclusively on injury prevention all though this is a major enticement for most runners. Our program is multi-faceted. We begin with an extremely comprehensive video analysis of your running form with our hi-speed HD camcorder and proprietary analysis software. Then we set about correcting the faults we find with your running form. The next step is to measure your unique metabolic cost of work via a VO2 max assessment in our lab.

In a broad stroke their are two principal concerns that must be addressed to be successful as an athlete.

*Economy of Movement  
Energetic Efficiency*

**The Run Smart Program** addresses both of these elements of training by a series of form coaching sessions and a thorough education on the art of heart rate training based on our clinical findings.

In a matter of 5 coached sessions you will be empowered with a far more economical style of running which will not only improve your race times, you will also find it far easier to log injury free miles. You'll learn how to approach your training with a very progressive knowledge of heart rate implementation that will eliminate the fear of finishing and replace this fear with the confidence of a very predictable result.

## **Recap of services;**

*Video Gait Analysis  
Clinical VO2 max assessment  
3 Coached running form sessions  
2 Heart rate specific training sessions  
Training Manual & Race Templates*

*Total price for all of the above: **\$699.00***

**Set your inital appointment or get answers to your questions**