

Would like to invite you to join us for our

Running Workshop Series

Calling out to all runners - from joggers, fun runners to those in training or prepping for a race. Between August and early October Flex will be hosting multiple workshops for beginners to advanced runners, aiming to help you all become better at what we love - Running!

The 4 workshops

1. Running Technique, Monday 7th of August, 1hr duration

6pm At The Tan; meet at the horse shoe on Alexander Ave

We will run together, there will be assessment of technique, running drills, and tips given to promote efficiency.

2. Drills & Intervals, Monday 28th of August, 1 hr duration

6pm At The Tan; meet at the horse shoe on Alexander Ave

More running, practice and progression of drills, and an intro to interval training.

3. Strength and Conditioning, Monday 18th of September, 1hr duration

6.30pm; Flex Sports Physiotherapy, 1/99 Queen St

A strength specific exercise circuit class, working through our favourite strength exercises for runners.

4. Flexibility for Runners, Monday October 2nd, 1hr duration

6.30pm; Flex Sports Physiotherapy, 1/99 Queen St

A session focusing on flexibility, stretching, foam roller and spikey ball use.

Handouts and exercise reminders will be available after each workshop, as well as Q&A time, personal technique correction and tips and advice from our experienced Physiotherapist's and Runners.

Presenters:

Ni'ia Jones: Physiotherapist | Clinical Pilates Instructor | Middle distance runner

Kate Dyball: Physiotherapist | Clinical Pilates Instructor | Endurance Athlete

Fiona Samuel: Physiotherapist | Clinical Pilates Instructor | Park Run Guru

Cost: \$20 per person if only attending 1-3 workshops, OR \$15 per session if you sign up for all 4 workshops. Should have any further questions or if you would like to register, please speak to our staff at reception or email us at info@flexphysio.com.au.

Friends, family and colleagues are welcome so feel free to pass this information on.

