

BUILDING A BETTER RUNNER

Better Technique, Better Posture, Better Efficiency



Half-Day Running Workshop

*Led by: Elite Running Injury Specialist,
Matt Silvaggio MSPT, CFMT*

May 22nd - 8:00 AM -12:00 NOON

**Wakeman Boys & Girls Club (Southport Clubhouse)
385 Center Street Southport**

This 4-hour interactive workshop will cover:

- ✓ *Key running components; foundational strength, mobility, and power*
- ✓ *How asymmetry leads to mechanical breakdown and potential injury*
- ✓ *The importance of foot strike*
- ✓ *Running styles; and whether you should buy into one*
- ✓ *Running specific skill drills and plyometrics to optimize performance*
- ✓ *Posture & movement screenings and personalized recommendations*
- ✓ *Sneaker prescription; what to look for in selecting a running shoe*

Space is limited to 16 runners (4 groups of 4)

\$99/Per Participant

EARLY BIRD BONUS! Sign-up before May 13th to receive a complimentary
90-Minute Running Assessment with video analysis (\$300 value)

REGISTER BY CALLING (203) 349-8430

