

RUNNING WORKSHOPS

We help walkers and runners, of all levels, get the support they need to enjoy a wonderful life-long activity.

Our workshops are designed to help improve the overall experience of runners (or walkers), from those who run to be active to those who compete at various levels. Additionally, we have a variety of services to give you resources along any part of your training journey.



RACE/DISTANCE PLANS

- 1-mile-Marathon training plan
- Choose your level & goals:
 - walk
 - walk-run
 - run
- (2) Strength workouts/week
- (2) weekly ab & mobility Routines
- Weekly Education

MOBILITY & STRENGTH PROGRAM

For this program you can include an analysis or not. An analysis is an hour-long, 1:1. in-depth session. From this session, we will create your athletic profile as a runner or walker. We will assess your mobility, flexibility, strength, and performance technique to provide you with a detailed packet of our findings and recommendations with a 1-month training program.

If you don't want an analysis, but want monthly, runner-specific, strength programs, we will have a 30-minute meeting to discuss goals and fitness levels. The training plan is delivered through our app so we can communicate, you can access technique videos, and we can modify as needed.

Call/text: 319-214-0005