



The Nittany Valley Running Club presents:
Spring 2017 Running Workshop Series

Run Healthy, Run Strong

with

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Dates: Sundays, April 30, May 7, May 14, May 21

Time: 3:00-4:30 pm

Location: Tudek Park (meet near pavilion)

Who will benefit? Everyone! This program is designed for beginners as well as more advanced runners looking to improve their performance.

What should I wear? Please come dressed to run. We also suggest bringing a large towel as some activities will be performed lying on the ground.

Each weekly session will have three main parts:

Part 1 will focus on topics such as breathing mechanics, core stability, and body weight strength training. The emphasis will be on instruction and proper technique, along with practice time. Each week will build upon the week prior, but it is not essential to attend every session. *No experience required!*

Part 2 will focus on dynamic warm up exercises/drills. Over the 4 week course, we will cover differences between warming up for longer distances vs. speed work vs. races.

Part 3 will be a group run in Tudek Park around the 1.5 ml loop course - various pace groups available.

Registration: This program is FREE, but *pre-registration is required* and limited to 20 participants. To register, please email cherylkellercapone@gmail.com and provide your name, age, email address and phone number.