

RUNNING

Workshop



Location: Lake View Osteopathy, New Road, Colmworth, Bedfordshire, MK44 2AP
www.lakeviewosteopathy.co.uk

Cost: £69

Start: 10am on Saturday 22nd November.

Duration: 6 hours

What to bring with you: Running shoes, running clothing suitable for the day / weather and water.

Refreshments: Tea and coffee is provided throughout the day however, lunch is not included. There is a cafe onsite, ([The Coffee Cup](#)), where you can pre-order salads/sandwiches/paninis/soup on the day or feel free to a packed lunch along.

Suitable for: All abilities, anyone who wants to gain a better understanding of all aspects of running.

Course leaders: Colin Papworth - podiatrist and Marcus Scotney - sports therapist and Ultra runner

Bookings: Contact Tilly on tilly@lakeviewosteopathy.co.uk - Please note the day is limited to 20 places on a first come first served basis.

Program:

- 10.00 - Welcome and introductions
- 10.15 - Warm up and individual gait analysis
- 11.00 - Discussion on what are the fundamentals of good running technique - using videos
- 11.30 - Split group - analysis of video footage of your running styles and strength and conditioning session
- 13.00 - Lunch
- 13.30 - How to write a training program
- 14.00 - Running drills session - warm up, static drills, running drills and short run.
- You will also have an opportunity to test some Saucony running shoes.
- 15.30 - Debrief, Q&A
- 16.00 Finish

Handouts on running technique, running drills, training programs, strength and conditioning exercises to take away. Access to video footage taken on the day via online file sharing.

For more information: Contact Colin Papworth colin.papworth@accelerateuk.com