

POSE METHOD Running Clinic

What is POSE Method Running?

POSE Method Running is a technique that focuses on efficient, injury free running movements, which are taught through a series of running poses.

Why POSE Method Running?

POSE Method Running will help you stay injury free, make you a more efficient runner and give you the confidence to take your training and racing performance to the next level.

What will the clinic teach you?

The clinic is a full POSE Method Running intro. During the clinic you will be videotaped, taken through a step by step analysis of your running stride, practice a series of POSE running drills and learn to apply efficient injury free running to your daily life.

Clinic Date:

November 21st, 2009

Start Time and Length:

9:00am-12:00pm

Clinic Price:

\$75 a person

Clinic Location:

Pure Austin Fitness
Quarry Lake
4210 W. Braker Ln.
Austin, TX 78759

Clinic Coaches:

Valerie Hunt
Level 2 Certified
POSE Running Coach
Dr. Michael Maggio
Level 4 Certified
POSE Running Coach

To Register

Call or Email

512-779-2099
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Dr. Romanov, Valerie Hunt and Dr. Michael Maggio

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