



MARATHON TRAINING PROGRAM

L2 PERFORMANCE TRAINING

Laurie Lasseter

American Council on Exercise – Certified Personal Trainer, Certified Group Fitness Instructor

Finishing your first marathon, or qualifying for the Boston Marathon, can be one of the greatest experiences and accomplishments of your life. The road to this accomplishment can be challenging and can often be derailed by injury. Marathons and other extreme endurance sports require higher volumes of training that can often aggravate pre-existing postural and muscular imbalances. Fortunately, these injuries can often be prevented through a personalized, proactive muscular endurance, strengthening and stretching program that works in concert with your cardiovascular training to help you arrive at the start line both fit and injury-free.

Laurie Lasseter of L2 PERFORMANCE TRAINING is an ACE Certified Personal Trainer and Group Fitness Instructor and is uniquely qualified to work with you to create such a program and achieve your endurance event goals. With over 25 years of Fitness Industry and over 35 years of Endurance Running experience, completing 26 marathons (including 3 Boston Marathons) and numerous other distance events, she has used these methods to help herself and her clients achieve injury-free marathon completions and Boston Qualifying marathon efforts.

Contact:

L2 PERFORMANCE TRAINING

Laurie Lasseter

ACE-certified Personal Trainer and Group Fitness Instructor

Cell: 847-477-5462

Email: laurie@L2PerformanceTraining.com

Web: WWW.L2PERFORMANCETRAINING.COM