

The Training Kit for Runners

A Specialized 7Bridges Personal Training Package

A customized program designed to help you reach your running goals injury free!

The right planning, preparation and performance are crucial for a successful and injury free run! No matter the distance or fitness level, we've got you covered...

Laurie Lasseter, *RRCA Distance Running Coach, ACE Certified Personal Trainer and veteran marathon runner - 29 and counting*, will create a custom training program for ALL your running needs. Our personalized Training Kit for Runners includes:

- Functional movement screening to assess muscle weaknesses, imbalances and range-of-motion limitations
- Running form analysis to pinpoint any biomechanical risks or issues
- Discussion of running goals, injury history & schedule constraints
- Personalized exercise plans based on the movement and running assessments that include:
 - *A streamlined strength training program to reduce the risk of injury and improve running performance*
 - *A scientifically-developed running training program tailored to your goals*
- Tools you can use outside the club to stay on track

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Members: \$150.00 Non-Members: \$225.00

To purchase kit, call or e-mail:
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