Running Fundamentals workshop - approximate time - 2:00 hours

Topics:

- Building a Running Plan
- Why Run?
- Setting Goals & Building Toward Them
- Mileage Progression
- Injury Prevention
- Making running a habit
- Racing: Preparation, Warm-up, Pacing and Strategy
- Hydration & Fueling
- What to Wear
- Warming up (with practice)
- Running Form
- Breathing (with practice)
- Posture/Body Alignment/Cadence
- Running Form Practice (treadmills)
- Wrap-up/Q&A