

Gold Standard Runner Training & Coaching Program

An integrated strength training, running training and coaching program designed just for you to help you reach your running goals injury-free

A Seven Bridges Personal Training Program

Want to run a marathon, half-marathon or 5K but looking for a day-by-day training and coaching program to meet your specific needs? Want to avoid injuries while doing it? Want to make sure you stay on track for your goal, even when things don't always go as planned?

Let Laurie Lasseter, RRCA Certified Running Coach, ACE Certified Personal Trainer and veteran marathon runner (30 and counting) create a customized, integrated running and strength training program with ongoing follow-up coaching and program adjustment so that your first (or next) event will be a success!

Package includes 2 intensive one-on-one sessions, creation of custom running and strength training programs and 3 months of follow-up coaching:

Session 1 (up to 1 hour):

- Comprehensive movement screen to determine muscle weaknesses, imbalances and movement limitations
- Running form analysis to pinpoint any biomechanical risks and issues
- Discussion of running goals, injury history, schedule constraints to insure that your program will work for you

Session 2 (up to 45 minutes):

- You will receive, learn and rehearse your streamlined, customized personal strength training program to correct your specific weaknesses, imbalances and limitations to keep you injury-free during your training.
- You will receive a scientifically-developed, custom running training program designed specifically to bring you to peak performance to achieve your race goal. This program will include your running training plan day by day, as well as any running drills that may be needed to optimize your running form for peak performance and injury prevention.

Ongoing coaching for 3 months:

- Ongoing, regular contact with Laurie, via phone, email, and/or text
- Weekly monitoring and analysis of progression toward your goals
- Adjustments will be made to your running and strength training programs based on your individual progress and changing needs.

Members: \$263

Non Members: \$396

For Information: contact Laurie Lasseter llasseter@comcast.net

Edward-Elmhurst
HEALTH & FITNESS CENTER

Healthy Driven™