

Belleville Learn To Run Clinic

*Starting April 25, 2012
Riverside Park, Belleville
6:00 p.m.
Cost: \$80.00*

Presented by :



*Each week consists of a warm up,
group run and information
session*

Date & Topic:

- April 25 Running Form
- May 2 Stretching, Warm up & Cool down
- May 9 Footwear
- May 16 Hills
- May 23 Intensity
- May 30 Cadence
- June 6 Hydration
- June 13 Fueling
- June 20 Apparel
- June 27 Gadgets
- July 1 Canada Day 5k at Zwicks Park

To register or for more information:

info@livingprimal.ca

www.livingprimal.ca