

Belleville Learn To Run Clinic

8 week course

Monday evenings, 6:30-7:30

Riverside Park, Belleville

Cost: \$90.00 (includes HST)

Presented by :



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

Topics:

- April 28 Running Form
- May 5 Stretching, Warm up & Cool down
- May 12 Cadence and Breathing
- May 26 Footwear
- June 2 Hills
- June 9 Intensity
- June 16 Hydration & Fueling
- June 23 Apparel & Gadgets
- July 1 Canada Day 5k

To register or for more information:

info@livingprimal.ca

www.livingprimal.ca