



runner's challenge

Get a step ahead of
the competition...



Feel like a winner

Runners Challenge is an individualised programme to teach safe and effective training principles and techniques for runners. Good running technique and cardiovascular fitness require hard work, and often professional expertise. This programme will enhance your performance, help alleviate and prevent injuries, and enable you to achieve your running goals whether they be 5km, 10km, a half or full marathon.

Why the need?

Inefficient running technique and over or under-training can create overload and damage to your muscles and soft tissues. Over time this can lead to chronic or even degenerative changes in the tissues. This can shorten your running career and significantly reduce your enjoyment.

What does Runners Challenge include?

- ✓ Runners Challenge is a 12 week programme.
- ✓ A comprehensive assessment of lower limb and postural alignment, testing and analysis of muscle balance (tone strength and control).
- ✓ The Assessment also includes analysis of existing running injury risk factors. An individualised runners training programme to ensure that you get the results you want while avoiding injury.
- ✓ An individualised corrective strengthening and stretching programme to alleviate injuries and improve your technique.
- ✓ Follow-up sessions to keep you motivated and on track, and to progress the exercise programme.

What's the outcome?

- ✓ Optimum performance during the event.
- ✓ Improved overall energy levels.
- ✓ Sense of achievement and self confidence.
- ✓ Avoiding unnecessary pain and injury.