



Spring Running Clinics

Start date: **Tuesday April 13th**

Format: **10 Sessions on Tuesdays from 6-7pm**

Meet at: **Maximum Physiotherapy: 69A First St. Collingwood**

Learn to Run Clinic



Goal: To be able to run a continuous 5km

Cost: Early registration: \$75. (up to and including April 7)
After April 7: \$85.

- Coached by: Sue Underhill
 - Includes weekly workout schedule
 - Must be able to walk for 30 minutes without difficulties
-

"Mix and Match" Nights



Spice up your workouts with a variety of intervals, track work, hills, trail running, barefoot running, tempo and fartlek. Great for those training for a 10 km, half or full marathon or for those wanting innovative group workouts.

Cost: Early registration: \$75. (up to and including April 7)
After April 7: \$85.

- Coached by: Janet Ellis
- Appropriate for those able to run 5km without difficulties

**To register call 444-3600 or
drop into Maximum.**