

# ***Performance 10Km Running Clinic***



## ***Spring Clinic 2012***

**Preparing for Victoria Times Colonist  
10Km**

**This course is about running your best!**

With a specific focus on ultimate performance technique, we will spend 14 weeks developing your form, your strength and your speed. Prepare to work hard, learn lots and most importantly, to experience results. The course includes a comprehensive training schedule, Thursday evening workouts/teaching sessions and weekend group long runs!

**Course Prerequisite:** Have run 8- 10 km distances

**Course Dates:** Jan. 19 – Apr 29, 2012 (race day)

**Time:** Thursday 6:30 – 8:00 pm

**Location:** The Buzz Coffee House – (#1- 4515 Uplands Dr, Nanaimo)

**Course Tuition:** \$90.00

**Registration drop off:** *Frontrunners Nanaimo* or

*Island Performance Health Clinic – 5356 Fillinger Cres.*

**Contact info:** 250-729-4121 □ [islandrunningdoc@hotmail.com](mailto:islandrunningdoc@hotmail.com)

**islandrunningdoc**

“Discover the runner you were designed to be!”

# Entry Form

Participant Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Phone: hm \_\_\_\_\_ wk \_\_\_\_\_ cell \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Past /Present Injuries \_\_\_\_\_

Health Concerns \_\_\_\_\_

Running Goal(s) for this clinic \_\_\_\_\_

\_\_\_\_\_

Biggest challenge during running \_\_\_\_\_

Other training at present \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_