



Enhance Your Training - Be **RUNNING FIT**  
**Running Fit Class**  
Wednesdays at 5:30 AM  
Focusing on running form, drills, dynamic warm up foam rolling, stretching

**S.A.Q Speed Agility and Quickness –**

This 6-week class is a great supplement to any training program and for any class of runner. It focuses on improving running form, economy and reducing the occurrence of common running injuries by strengthening the kinetic chain involved in running.

You can expect to improve your proprioceptive abilities, dynamic flexibility, balance and stability, strength of core (abdominal, back and pelvic musculature), running form, and economy.

**SPEED?? Isn't speed track work???**

*NOT* for this class, in fact speed is stride rate X stride length, not time around the track- This class will focus on improving flexibility and core strength (Stride Length) and reaction and technique (Stride Rate)

**AGILITY? I am running in a generally straight line I don't need to be agile!!**

*YES YOU DO.* Agility is the ability to accelerate and decelerate or quickly change direction all while maintaining control and proper body posture. By improving these abilities you will enhance the body's ability to automatically adjust to imbalances (hills, curbs, turns, etc.)

**QUICKNESS?? I'm running a 5k, 10k, ½ marathon, marathon, or ultra marathon (circle one) how quick do I need to be???**

*YOUR* quickness is measured by your ability to react and change body position with maximal force. It involves using all of the senses and kinetic feedback to adjust body position. Ever turn an ankle but change position quick enough to prevent injury? That is quickness/ proprioception in its finest form.

**SPECIFICS about cost, time, location**

Classes be on Wednesdays at 5:30 AM beginning October 19<sup>th</sup>. Running Fit is a one hour class that meets one day/week. The cost would be \$90 for 6 weeks and \$10 off for any combo – evening or distance class member. For more information call the Run On! store (210-494-7869) or email [runonsanantonio@runontexas.com](mailto:runonsanantonio@runontexas.com).

**GEAR required for class**

The gear is simple. You'll need a positive attitude, good listening skills, a foam roller, and an exercise mat.

Developed and led by Mary Vincent NASM CPT CES, RRCA Certified Running Coach

