



Running Improvement Program

Skills and Drills and Hills and Thrills

Mondays May 16-July 11 6:30 PM

Various locations

Cost \$25 for Pacers members and \$35 for non-members

What is included:

Improve running form

- videotape analysis
- running drills
- running specific strength
- agility

Improve your speed

- modified Conconi test to find lactate threshold
- speed workouts
- hill workouts
- plyometrics

Try new aspects of running - cross country

- trail
- track

And much more!

Coaching by Sherry Watts NCCP Level 4, USTFCCCA Endurance Specialist, RRCA, NCI Diploma in High Performance Coaching etc.

Plus Members of the Cross Country Team and experienced Pacers Runners

This program is a fundraiser for the Pacers Cross Country Runners for their trip to the Canadian Championships in Kingston

If there is sufficient interest we could also hold Monday morning sessions.

Contact londonpacers@yahoo.com for more information