



CORE **RUNNING**
Curb Ivanic's
Core Running Clinic

This 12 week clinic is designed for runners who want to have fun and at the same time improve their running. At the end of the clinic participants will be running stronger, more efficiently and with less chance of injury. Topics covered in the clinic will be optimal running technique, strength training, core training, mobility and flexibility, plyometrics, proper speed work, effective hill drills and much more. Each week will cover a different topic and will include not only the theory behind the topic but the opportunity to work out using innovative running drills designed to develop better techniques. Participants will receive handouts and Curb's Core Running DVD, valued at \$37 USD.

About Curb

Curb Ivanic is a strength and conditioning coach as well a runner himself. Along with a Master's degree in Exercise Science, Curb has over 10 years experience working with runners of all levels. He has competed in races from 5km to ultra-marathon distance.

Register in store to participate in this great clinic!