

Soup to Nuts

Running Clinics

Rayne Herzog, RRCA Running Coach, is offering a workshop series to help you become a better runner. Pick and choose the topics you want to learn about, or take advantage of all eight. All classes take place Saturday mornings from 8:30 am–10:00 am at Shelburne Health & Fitness, 166 Athletic Drive, Shelburne, VT and include a short run after the workshop . . . even the winter workshops.

Nov 15 • Core and Flexibility

Coach Rayne — RRCA Running Coach,
Personal Trainer

Core stability exercise for the abdominals, back and butt. Foam rolling for greater flexibility.

Dec 13 • Strength

Coach Rayne

A full body strength routine using exercise bands and stability balls.

Jan 10 • Mechanics & Video Analysis

Coach Rayne

Upper and lower body running form tips with video analysis.

Feb 7 • Injury Prevention

Dr. Tim Gould — Dee Physical Therapy

Common running injuries, causes, and prevention.

Mar 14 • Nutrition

Nutritionist — Augusta Krahl, MA

Fueling the body pre, during, and post — workout.

Apr 11 • Workout Routines

Track, Hills, Pacing. Coach Rayne

Mix up your running through speed, strength, and pacing workouts.

May 16 • The Mental Edge

TBD

Keeping your thoughts positive and productive.

June 13 • Equipment

Gear (shoes, apparel) by Fleet Feet

\$160/8 • \$140 if paid by Nov 1 • Drop-in Fee \$25/Class

June 20 • RaceVermont 5K Graduation Race • Included in fee

Please call 802-316-7142 or 802-985-4410 to sign up. Class size is limited to only 10, so sign up today. **You *MUST* sign up by 2 pm on the Friday before the workshop if you'd like to attend.**