



THE ING NEW YORK CITY MARATHON Nov. 1, 2009



## FALL MARATHON TRAINING

During the first week you get a Lactate Threshold Test done while running to find your correct training zones. Every month we do video gait analysis complimented with strength and flexibility exercises to enhance your form and function. All information gathered will be used to design you a weekly running program to meet your marathons goals.

### 1<sup>st</sup> month with

- Lactate threshold test
- Gait analysis
- Strength/flexibility routine
- Weekly programs
- = \$450

### every other month includes

- re-check gait
- revised strength/flexibility routine
- weekly programs
- = \$300/month

(ADD IN)

## TRACK

To run faster most of us think we need to do just that..... get out there and run faster.

Yes, that is correct but you also need to be as efficient as possible in your running form so you aren't wasting precious energy (and time).

During our track training we will do

- Dynamic stretching - form of stretching beneficial in sports utilizing momentum from form.
- Dynamic warm up drills - help develop your speed, power and neuro-muscular coordination as well as providing flexibility.
- Power drills - quickness, agility, coordination and muscle strength
- Speed work - train the muscle memory and provides power
- Static stretch - cool down and increase flexibility

Thursday's 6-7 am

Add this to your marathon training program at a discounted price for \$65/month