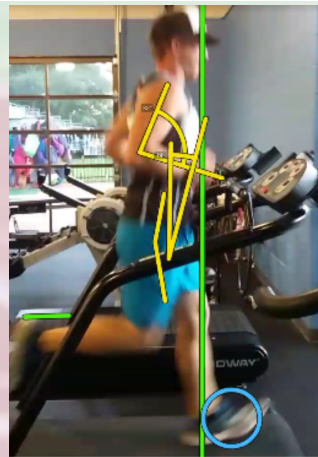


AUSTIN AQUATICS & SPORTS ACADEMY

3 Week Run Biomechanics Clinic

The course explores ideal running form, provides an overview of how common biomechanical faults link to injury, and how to identify and address them through film analysis. Not only will the athlete understand what perfect running form is, he or she will be introduced to various types of run training workouts and understand the physiology behind the energy systems utilized within each one.



Week 1: "WHAT" is perfect running?

Introduction: What is perfect running form? Ground reaction force, foot strike (midfoot vs heel striking), body lean, arm swing, cadence, breathing etc) Initial filming on treadmill and videos.

Week 2: "HOW" to fix our inefficiencies?

Film Analysis (of week 1) - Inside on TV in gym
Shoe Clinic: shod, minimal, neutral, stability, over-pronating/supinating
Drills, drills, and more drills!
Wet foot test: barefoot vs shoes, standing vs running.

Week 3: "WHY" we do what we do in workouts. (biggest run week)

Energy systems used and types of run workouts: ATP-Phosphocreatine, Glycolysis, Oxidative
Review of drills and new ones.
Out/Backs - Long: steady state, Med: fartlek, Short: sprint/tempo

When: Mondays 5:30p-7:p
9/10, 9/17, 9/24, 2018
(@AASA)

Cost for Clinic:

\$100 Academy Athlete
\$150 Non-Academy Athletes

To Register: jeff@aasa-atx.com