



RUNNING FOR PERFORMANCE WORKSHOP

with

Former Pro Triathlete and Performance Coach Terry Butts
Andrew Hatchett Ph.D., Exercise Science

Sunday Nov. 28th, 2010

Late Registration and check-in 0830

Workshop 9-3pm

@ TRI-RUNNING of Lake Charles 3311 Ernest Street
\$97 until November 21st, then \$125

Topics to be covered:

Proper Running form & technique (classroom & practical)
Strength Training specifically for running (classroom & practical)
Injury prevention (classroom & practical)
Training with a Heart Rate monitor (classroom)
Designing a training plan (classroom)

**To secure your seat today or to find out more information,
please contact Terry at Tri-Running Lake Charles, 337.564.6716
or by email at Terry@StrengthandEndurance.com**