



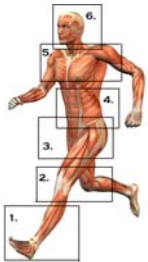
RUNNING CLINIC FOR TRIATHLON



HOW TO MAKE RUNNING YOUR STRONGEST EVENT!

Your running can be optimized and enhanced into a more powerful, economical and synchronized movement. Discover these new ways to unlock your running potential with Discover Movement Running Clinic!

YOU WILL LEARN HOW TO...



- Troubleshoot your running mechanics.
- Improve your individual “skill of running.”
- Transform running into a “strong finish” in your Triathlon.
- Optimize the running performance with sport specific movement preparation.

“With Tommi’s training my running has improved tremendously and I now realize my true potential as a runner/triathlete.”
Debbie Cipriano, Triathlete.

INSTRUCTOR OF THE CLINIC: Tommi Paavola, M.S. C.S.C.S.



Tommi has been a performance specialist and certified conditioning coach since 2002. He is a master trainer and a consultant for the Finnish Coaching Association. Tommi developed a Movement Skill Program that is used by over 1000 sport coaches in Europe. His articles on Triathlon Conditioning has been published worldwide. You can find more information about Tommi at www.discovermovement.com

12- WEEK RUNNING CLINIC March 20th-June 12th

Saturday mornings at 6.45-7.45 am

IN GLEN ROCK at NATURALLY YOGA

175 Rock Road Glen Rock, New Jersey 07452 201.612 7330 www.naturallyyoga.com

SIGN UP TODAY – LIMITED SPACES AVAILABLE