

## POWER RUNNER'S CLINIC

Whether a new or experienced runner or recovering from an injury, our team approach and technology can help you enjoy running to the fullest, while staying strong and healthy. Embrace strategies that balance the breath, the mind, and the body by putting mindfulness and mechanics into practice.

### LOCATION

Sanford POWER Center (Enter through POWER entrance.)  
3000 Division St. W.  
Bemidji, MN 56601

### DATES

Day 1 - May 14, 2022  
Day 2 - June 4, 2022

### COST: \$35 COVERS THE TWO-DAY SERIES

Registration is available at: [www.sanfordpower.com](http://www.sanfordpower.com)  
Space limited. Register now.

**FREE Bemidji Blue Ox Marathon souvenir gift**

### SCHEDULE

#### Day 1 (5/14/22)

- 8 - 8:30 a.m. Registration and light breakfast
- 8:30 - 9:30 a.m. Common running injuries, managing running workload
- 9:30 - 9:45 a.m. Break
- 9:45 - 11 a.m. Sessions: foam rolling/dynamic warm-up, strength-training, mindfulness
- 11 - 11:15 a.m. Break
- 11:15 a.m. - 12 p.m. Yoga for runners
- 12 p.m. Group run

#### Day 2 (6/4/22)

- 8 - 8:30 a.m. Registration and light breakfast
- 8:30 - 9:30 a.m. Running form breakdown, example of Running Analysis
- 9:30 - 9:45 a.m. Break
- 9:45 - 11 a.m. Sessions: foam rolling/dynamic warm-up, strength-training, mindfulness
- 11 - 11:15 a.m. Break
- 11:15 a.m. - 12 p.m. Yoga for runners
- 12 p.m. Group run

### OBJECTIVES

- Common running injuries, why they occur, and how to prevent them using rehab principles.
- How to monitor workload and training volume to maximize performance while minimizing overuse injuries.
- The pieces of the gait cycle, what they mean, and why they matter in your training.
- Strategies to improve efficiency and running form so you can conserve energy, run faster and longer distances with ease.
- How yoga is more than a physical practice and can support running performance with meditation techniques.

**Reminders: Bring water bottle, yoga mat, running shoes**

### INSTRUCTED BY

- Briana Isakson, Sanford Health Senior Physical Therapist
- Angie Clark, Bemidji Blue Ox Committee Member & Certified Yoga Instructor



Participants will have the chance to win a free **Running Analysis** and a 5K race registration for the **Bemidji Blue Ox Marathon**.