



The Principles

- Developing good posture in relation to efficiency of movement and injury prevention.
- Heel lift and foot placement
- Controlled forward fall
- Energise your cadence and control your stride.
- Limit vertical displacement
- Using your arms correctly
- Pre-run body looseners & post-run stretches

What I can offer

A programme personalised to meet your individual needs:

Video analysis of current running technique and feedback including coaching of key elements of running technique: posture; heel lift; arms; cadence, foot strike and stride length.

Into Running: putting the theory into practice.

'Tweaking' technique to support injury free running.

Specific focus sessions including running hills and event preparation.

Ongoing video assessment and feedback

Packages and Pricing

1 x initial 60 min session including video and technique report @ £60

Follow-up sessions x 50 minutes @ £40 Paired sessions on request

Beginners (recommended)

A 3 x 50 minute session block @ £100 including technique report

Guided 1:1 technique runs

From £40: personalised focus