

Clinic Schedule

Clinics are held monthly on a first come-first served basis. Space is limited. Registration can be made online.

For more information please contact:
Jean Blain
www.Sports4.com
or 613.234.6562



RUN • WALK • SWIM • PLAY

Re-Learn to RUN

with 

and RUN • WALK • SWIM • PLAY



FOR THE
NATURAL
BORN
RUNNER
IN EACH
OF US



RE-LEARN TO RUN...AND BECOME OR REMAIN PAIN FREE, AS YOU PROLONG YOUR ENJOYMENT OF EASY, EFFORTLESS RUNNING.

RE-LEARN TO RUN...AND IMPROVE YOUR RUNNING EFFICIENCY, BY MOVING AWAY FROM A HEEL/TOE STRIKE TO A MID-FOOT STRIKE

RE-LEARN TO RUN...AND BECOME A STRONGER AND FASTER RUNNER AND REDUCE YOUR EFFORT IN THE PROCESS.

WHO WILL BENEFIT

The RE-LEARN TO RUN clinic will be of benefit to individuals of all levels, from the casual “jogger” to the high performance runner.

THE CLINIC

The program is designed to provide the participant with classroom style theory on the efficiencies of mid-foot running as well as a practical component in order to put into actual context what has been learned “in class”. Participants will have the opportunity to be assessed and reviewed by the instructor. To this end, and to ensure everyone is attended to, we will keep the clinic groups limited to 8 to 12 people.

THE INSTRUCTOR

Bruno Lafontaine of Kino2 Consultation holds a Bachelor of Science with Honours in Human Kinetics. He has been competing in the sport of triathlon since 1993, as an Elite. He was a 5 time member of the national team.

Bruno is a certified kinesiologist, a certified exercise physiologist, triathlon, swimming, cycling, track and field and cross-country ski coach who has been involved with coaching since 1996.

He teaches part time at the collegiate and university levels since 2002. His dedication, attention to detail and experience make him a highly qualified and knowledgeable coach.

DETAILS

Clinic Cost....\$35.00

Duration.....approximately 2 hours

Location.....Sports 4, 149 Bank St.

Registration..On Line at www.sports4.com

Space is limited

Attire.....Come ready to run!!