

MARATHON TRAINING WORKSHOP

An 8-hour comprehensive, hands-on workshop that will teach you the fundamental principles for preparing and instructing your personal training clients through endurance running events.

**EARN Upgrade Hours: 0.8 NSCA CSCS CEUs;
4.0 Can-Fit-Pro PTS, FIS, NWS CECs;
2 IONC hours**

Topics Covered:

Marathon Training Program Design ★ Biomechanics of Running ★ Injury Prevention
Daily Sports Nutrition ★ Race Nutrition ★ Strength Training for Marathoners



You will walk away with the ability to perform run gait analysis, identify biomechanical errors and risk for injury, as well as the knowledge to design a complete marathon-training plan, periodized strength training plan and nutrition program. This 8-hour workshop offers hands on training tools to help your clients achieve optimal performance and success at their next endurance running event.

Date: Sun. Mar 21, 2010: 9-5pm, optional group run at 8am. Shower facilities on site!
Location: TBD, Mid-town Toronto, Ontario
Cost: Early bird - \$299 + GST (before Feb 21 /10) \$349+ GST (Feb 22-Mar 19/10)
Contact: Tara: tara@heal-nutrition.com, Dr. Cohen: drsarahcohen@live.ca
Register: <http://www.heal-nutrition.com/marathon/marathon.html>

Presenters:

Tara Postnikoff

Hon. BA, RNCP/ROHP,
CNP, PTS

Dr. Cindy Lewis

D.C., B.Kin, FIS, PTS

Dr. Sarah Cohen

D.C, B.Sc.HK, CSCS, PTS

Kris Sheppard

B.A.HK, CSCS

Bios:

Tara. As a Personal Trainer and Registered Nutritional Consultant Tara is a regular speaker on nutrition for numerous running clinics across Toronto and is a nutritional columnist in an international publication. Tara is an experienced runner having completed over a dozen half marathons, 3 marathons and 2 half ironman races over the past 6 years. Tara also qualified for the world championship Olympic distance triathlon in 2010, by taking the provincial title in her age group this year.

Cindy. As a Chiropractor, Coach and Personal Trainer Cindy Lewis has become a leader in the endurance sports community. Some of her many accomplishments include being a 2 time Hawaii Ironman participant, a Boston Marathon participant and a nationally ranked varsity runner. Her commitment to the health and well being of all of the athletes that she works with is what sets them apart on race day. Cindy works tirelessly with her athletes to get them to the starting line, trained, prepared and healthy.

Sarah. As a Chiropractor, Kinesiologist and a Personal Trainer Dr. Cohen has ten years experience in athletic training and rehabilitation and is currently working with runners and triathletes at the city, varsity, national and professional levels. Dr. Cohen has been a guest speaker for trainers and athletes at the Toronto and Whistler Can-Fit-Pro Conference, HSBC Triathlon Series Awards Event and Running Room Clinics on various topics including running biomechanics, training techniques and injury prevention and treatment.

Kris. As a Personal Trainer, Kris has over 10 years training and coaching experience working with athletes of all ages and skill levels. Kris has been a guest speaker for athletes at the Running Room on running biomechanics and improved performance. Through his experience as an athlete and coach, Kris has developed a passion for helping others achieve their goals through sport and fitness.