

POSE METHOD OF RUNNING SKILL TRAINING COURSE DAILY SCHEDULE

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| 08:00-08:30 | Welcome. Intros. Filming (1st) |
| 09:30-09:45 | Running Skill before Running Training |
| 09:45-11:00 | Instructor Introductions |
| | - Know your Stride |
| | - Fix Your Running |
| | - Teach Others |
| 11:00-11:15 | Filming your Running |
| 11:15-11:30 | The 3 elements of running skill |
| 11:30-12:00 | The mechanics of running |
| 12:00-12:30 | Drills & Exercises |
| | - Warm-Up Drills (agility/elasticity) |
| | - Body Weight awareness |
| | - Pose, Fall, Pull drills |
| | - Self Correction exercises |
| 12:30-13:00 | Lunch break |
| 13:00-14:00 | Video Analysis |
| 14:00-14:45 | Addressing running injuries |
| 14:45-15:00 | Shoe guidelines across different brands |
| 15:00-16:00 | Working in groups |

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