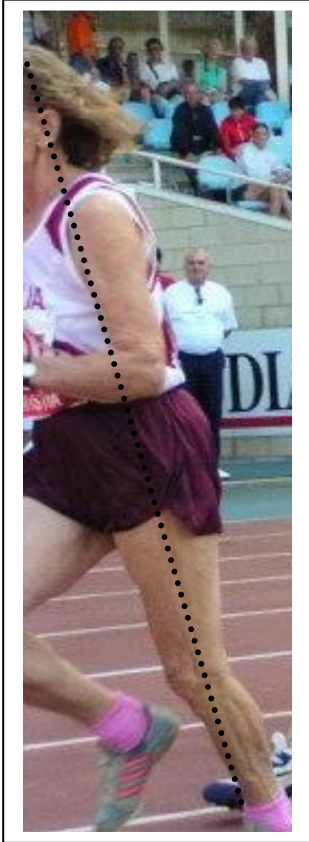


# Natural Posture Running (NPR) Clinics

## One on One or Small Groups

**Faster times - Fewer Injuries - More efficient - Less emphasis on leg power - Less impact on the body**



***Two days on a week-end Saturday and Sunday*** (a total of 11 hours), video session included with analysis of running form and a copy of 'Guide to Natural Posture Running'.

Cost \$150.00 per person (Does not include the entry cost of running inside on a track if the weather is unsuitable for training outside), Limited to 5 in a group. ***\$130.00 CRR Member***

***Clinic leaders*** Helly Visser and Roger Davies

### **Saturday 9:00 AM to 2:30 PM**

Run outside and first video - First three principles and techniques - Core exercises – Practicing

### **Sunday 9:00 AM to 2:30 PM**

Second three principles and techniques – Core exercises – Practicing – Second video of running – Video form analysis

You will practice the exercises and drills designed to apply the principles on which NPR is based and learn the techniques to become an economic runner. There are two sessions on Saturday and Sunday alternating between demonstrations, fun exercises and technique drills. You will do some running and practice the drills and techniques preferably outside. A video will be taken for form analysis. The nature of the clinic will be experiential and inspiring.

**To book your week-end clinic e-mail or call Helly Visser [visser80@shaw.ca](mailto:visser80@shaw.ca) 403-931-3822**

### **Bio's**

#### ***Helly Visser***

*CRR Member for 19 years. Masters world records in indoor mile, outdoor mile, indoor 1500m and 4x400m relay. Masters world champion 800m and 1500m. Over ten Canadian Masters road & track records. Canadian Masters Hall of Fame and chosen in 2008 to be one of the twenty most important women in sport by Canadian Association for the Advancement of Women in Sport and Physical Activity.*

#### ***Roger Davies***

*CRR Member for 29 years. Masters world champion 4X400m relay. Canadian masters records in 4X400m & 4X800m relays. Holds 43 Alberta age group records from 800m to half-marathon. Twice selected Athletics Alberta "Outstanding Master Athlete of the Year". For 20 years a competitive endurance runner in the International Banff Jasper Relay.*