

POSITION

What kind of runner are you?
Do you use your back and hip flexors?
Do you have a decreased stride?
Do you feel like one leg is longer?
Does it feel like one leg is stronger or does more of the work when you run?

AGILITY

Improve your balance and coordination by engaging your core strength in all of your body's movement patterns.

STRENGTH

Are you working muscles in three planes of motion?
Are the outside of your quads more developed than the middle and inner portions?
Are muscles developing equally?

SPEED

What kind of runner do you want to be?
If your goal is to run a mile or the NYC marathon, how you train will dramatically affect your performance. We will provide different protocols to improve your speed and performance.

P.A.S.S. **THE COMPETITION**



Saturday, February 4th, 2012
9:00am to 12:30pm
Hruska Clinic
5241 R Street, Lincoln

Sponsored by:

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Restorative Physical Therapy Services

Hruska Clinic
5241 R Street
Lincoln, NE 68504

