



September 2019

Hello, Runners!

It seems the summer heat has finally broken and that means the best time of year for running is upon us. In our area, fall has the highest concentration of marathons and half marathons on the calendar and because of that, runners that are racing this fall are well into their training plans. For those not racing, there can still be benefits from personalized coaching. I can help if you are a new runner or have a renewed interest in running; a runner coming back from an injury; someone looking to maintain fitness; or a runner with big spring goals. Please let me know if I can help you and please share my contact information with friends and family.

Learn To Run Clinic

The first One More Mile run clinic is on the calendar! This specific clinic is geared towards new(er) runners that want to

LEARN TO RUN CLINIC

Presented by
One More Mile Run Coaching

ONE MORE MILE RUN COACHING

Build the Knowledge Base to Enrich Your Life with Running

GETTING STARTED * USING A TRAINING PLAN
INJURY PREVENTION * PROPER FOOTWEAR
FUELING/HYDRATION * PACING * PROPER
RUNNING FORM *

Class Fee: \$20. Register at
[www.onemileruncoaching.com](http://www.onemoremileruncoaching.com)

**SUNDAY
SEPT 29, 2019
1PM - 2:30PM
THE ICE HOUSE
200 SOUTHERN BLVD
WYOMING DE 19934**

start running but may not have the comfort level or knowledge base to do so confidently. The clinic will focus on how to get started, getting fitted for running shoes, using a training plan, incorporating effort work into a plan, pacing, fueling and hydration and much more. The first clinic will be hosted at the **Ice House** in the Dover Delaware area but I plan to continue this series in other locations in southeastern PA so stay tuned for announcements. Registration

information can be found on the Events page on onemoremileruncoaching.com



Pose Method Running

Later this month I will be working towards earning my certification to become a Technique Specialist in Pose Method. The Pose Method was designed to teach athletes of all disciplines the bio-

mechanically correct running technique. If you are looking to run faster, run

longer, avoid injuries, and reduce the impact of running on the body, then learning Pose Method is a must. I am hoping to schedule my first Pose Method Run clinic in October and will give details when I have them.

For more information on Pose Method Running click [HERE](#)

Strength Workouts

I will fully admit that I am not good at incorporating strength training into my run routine. There are so many excuses I make I don't have the character space to share in this format. I do recognize that strength training should not be excluded from a healthy lifestyle and fitness plan. If you are like me and looking for a plan that does not require a lot of equipment, is short in duration, can be done before or after a run, and supports run specific muscle groups, then check out the workout at the link below.



[How to Do Your Strength Workout at the Park](#)

Last Call for Shirts

I have received several requests for logo T-shirts and I will gladly accept the marketing opportunities if you want to represent the best run coaching in the area. Shirts are \$20 and available in unisex or women's cut. Message me if you are interested.



EMBRACE THE JOURNEY
ENJOY THE REWARD

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