



November 2019

## **Hello, Runners!**

A quick message of good luck and happy running to the One More Mile athletes, Katie and Lena, running the New York City Marathon this weekend. It should be a great day - embrace the journey and enjoy the reward!

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### **Upcoming Events**

#### Run Technique Clinics

In the Run Technique Clinics I use the Pose Method to teach runners how to run faster, run longer, and run pain free. The clinic covers the fundamentals of movement and correct running technique. Topics like biomechanics, injury prevention, movement theory and concepts, strength exercises and drills are presented. Participants will also benefit from video analysis to assess technique

I have two clinics scheduled this month with room in both classes. The first class on November 17th will be held at the Henrietta Hankin Library in Chester Springs and is a deep dive into the content and practices with detailed video analysis.

The second clinic on November 23rd at Crossfit Rock Solid in Downingtown is a

shorter version that covers all the key concepts and video analysis but will not go as deep into the content.

Additional details and information on how to register can be found at the following link [EVENTS](#)

As many of you know, the Girls on the Run and STRIDE programs have been of great importance to me in my personal and professional life. If you do not already know about these programs I urge you to spend a few minutes on their websites and see how these transformative programs inspire, teach, develop, and motivate boys and girls to reach their limitless potential.

The fall season is coming to a close and with that comes the culminating 5K event. If you can, consider signing up to run, volunteering, or donating to support these amazing programs.

[Girls On The Run Delaware 5K](#)  
[Girls on The Run Chester County 5K](#)  
[STRIDE 5K Challenge](#)

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## **New For Clients**

I am happy to announce added features and tools that I am making available to all future coaching clients. Included in monthly coaching plans clients will now get a full technique analysis with detailed video assessment. Additionally, as part of the training plan, I will incorporate skill drill work that reinforces the proper running technique which aids in injury prevention and increases running speed and endurance.

In addition, I will be utilizing an app based training platform that will allow athletes to check plans, communicate with the coach or fellow athletes, sync data from workouts, and provide feedback in an easy to use app that can be accessed on your smart phone, tablet, or computer.

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## **Staying Motivated**

As the fall race season winds down it is important to start thinking about winter maintenance and preparation for spring. Staying motivated is key to capitalize on

fall fitness and a strong base. The following are a few tips to keep you moving this winter, all of which I can help you with :)

- Train to set a PR in 5K or other shorter distance
- Use small local races to keep you focused
- Train for an unconventional distance - 5 miler, 8K etc.
- Hire a coach to build out a maintenance plan
- Set your sites on a

spring  
triathlon  
and  
get  
in  
some  
pool  
time

- Run  
with  
friends

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**EMBRACE THE JOURNEY**  
**ENJOY THE REWARD**

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