



Want to be a better runner?

Take your training to the next level

Lakes Runner Sports Performance Clinic

hosts a comprehensive **performance programme for runners** aimed at runners of all abilities looking to improve their style, performance and enjoyment.

Sports Performance **Nutritionist** Abby Harman and **Pose Running** & Alexander Technique Teacher Erica Donnison team up to show you how to **achieve your goal** in running, whether it's about gaining a competitive edge or simply about recreation and fun.

When: 7-9pm on Tuesdays 12th April, 17th May, 14th June & 12th July

Where: Lakes Climber & Runner, Ambleside

Price: £55 for the full programme and includes meals and special promotions!



Performance Programme for Runners

Step 1: 12th April - "Effortless Running"

Erica teaches the skill behind effortless running for increased speed and reduced injury and pain.

Step 2: 17th May - "Eat right everyday"

Abby reveals optimal day-to-day eating that supports your training and prepares you for enhanced performance. It's all about the prep!

Step 3: 14th June - "Timing is everything"

Abby provides top tips on nutrient timing for increased performance and recovery.

Step 4: 12th July - "The review and recap"

Erica builds on the foundation of the first seminar to assess your progress, answer your questions and introduce further tips to help you run more smoothly and easily.

Unique Promotions!!



Inov-8 and Balega are hosting a "try & buy" session with **unique promotions** on their awesome footwear... Clif Bar are **giving away** an all-round nutritional sports pack... and Adventure Challenge Solutions are giving you **20% off** on any event of your choice!



Limited places available, book yours now!

please contact Lakes Runner:
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info@lakesrunner.com or see
www.lakesrunner.com