

# ***Parkstride Run Strength Classes***

## **What is it?**

Targeted small group strength and conditioning class for runners of all ages and ability levels.

## **Goals**

Improve strength and power in muscles under most demand for runners. We will measure strength at baseline using our AxIT force plate and load cell technology and target lower body and core muscles in 6-week training blocks

## **Benefits**

- Targeted to runners
- Individually assessed and programmed for your measured deficits
- Run faster with less effort: more efficient
- Improve spring stiffness in important tendons and muscles
- Increase muscle strength and power
- Improved resilience to injury

## **The Sessions:**

Designed by our Physiotherapists and Exercise Physiologist and taking place in our clinic gym.

Comprising a combination of

- strength,
- balance,
- plyometrics and
- core strengthening in a scientifically based and graduated program based on your individual strength measurements at baseline
- One hour maximum duration
- Blocks of 6 sessions
- \$180 per block
- May be claimable on Private Health Insurance

For details or to book a spot call **9548 3372** or

email [\*\*admin@parksidesportsphysio.com.au\*\*](mailto:admin@parksidesportsphysio.com.au)

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