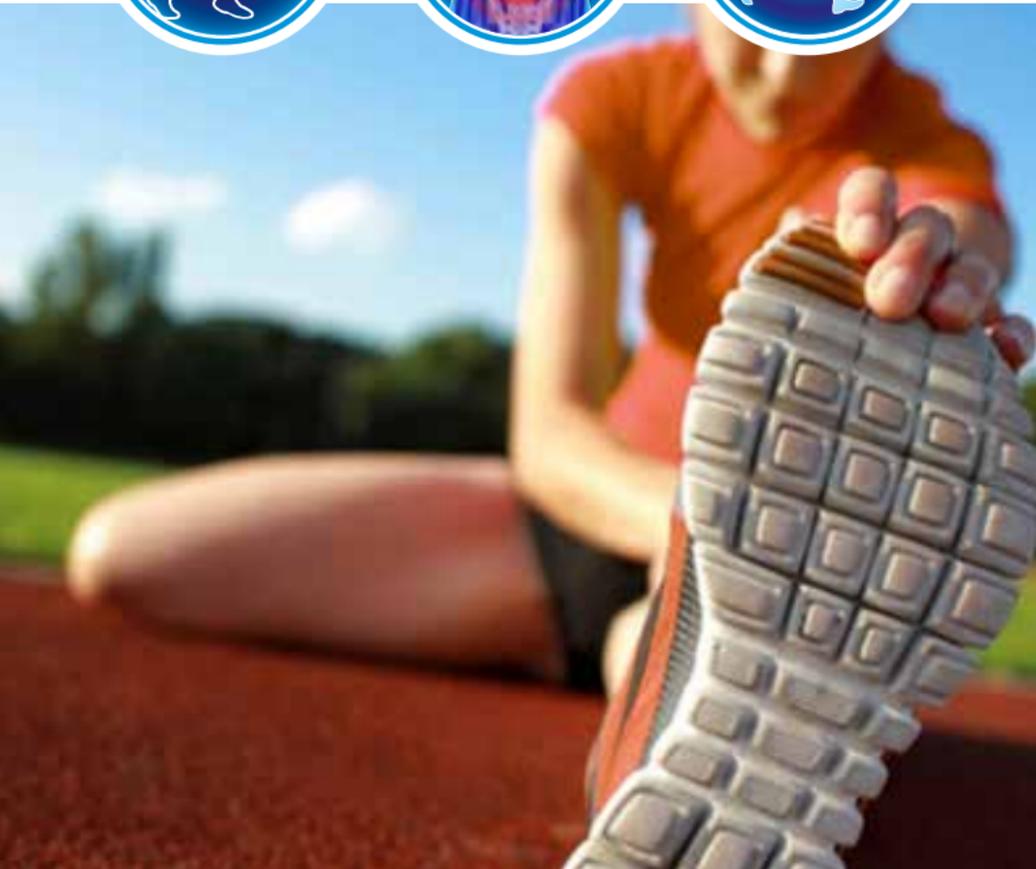


*Muscle*

**People** 

Physiotherapy

**RUNFIT**  
**THE TECHNICAL EDGE**



City YMCA Clinic  
Ph 961 0236

Bishopdale YMCA Clinic  
Ph 360 3606

Muscle People Physiotherapy's

**RUNFIT**



➔ **MOVE BETTER**

➔ **RUN BETTER**

➔ **RUN *FASTER!***

RunFit is more than just a social running group, it's a way to improve your technique and performance.

As physiotherapists we see a lot of injuries that could be avoided, simply by correcting a person's running technique. We also talk to a lot of people who are struggling to improve their speed, no matter how much training they are doing.

Improving your running technique will;

- ✓ Reduce any unnecessary movement
- ✓ Reduce injury
- ✓ Allow you to run faster, for longer

Get the technical edge with our physiotherapist and personal trainer.

**Don't leave it to chance – Call Muscle People now!**

# HOW DOES RUNFIT WORK?

**Runfit** is a running programme with 8 week modules. It is suitable for the **beginner to the regular runner**. Whatever your ability\*, we'll work with you and help you improve.

The physiotherapist and personal trainer will accompany the group on runs to provide you with immediate feedback on your technique, as well as added motivation.

**RunFit includes 3 one hour sessions each week, and one training session by yourself.**

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**You'll receive an email each week from the physiotherapist with tips, and advice on your runs.**

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**Each session is a combination of a core strength exercise programme, running drills and the option of a 2-3km or 5km running route that changes between sessions.**

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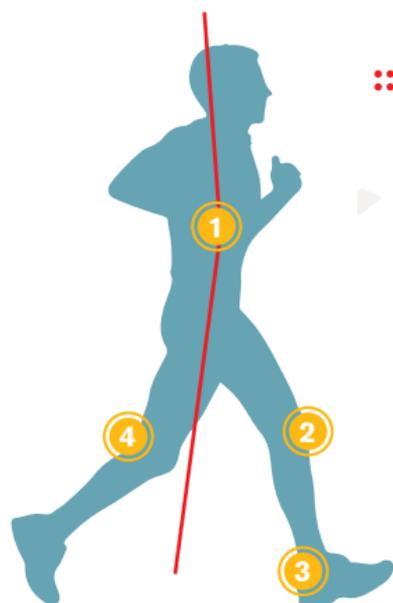
**One weekly session will include interval/speed training which demonstrates your improvement.**

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**Your 8 week programme comes with a log sheet so you can track your progress.**

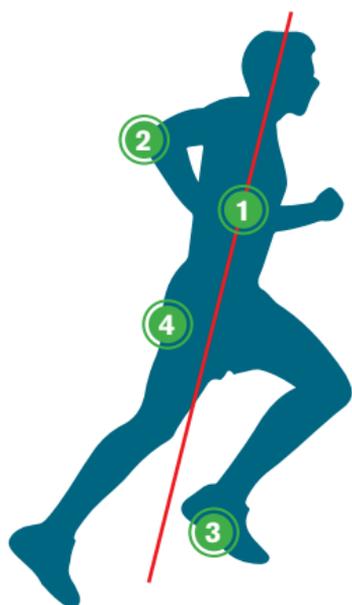
\*Basic level of fitness required - able to walk 3k. First session involves either a 2.7k or 5k walk/run depending on your choice.

# RUNNING POSTURE



## :: FAMILIAR RUNNING FORM

- 1 Posture out of balance
- 2 Overstriding
- 3 Heel strike
- 4 Knee & joint pain



## :: GOOD RUNNING FORM

- 1 Balanced forward posture
- 2 Compact arms
- 3 Proper foot strike
- 4 High cadence

We are passionate about running, and we want to help you improve your technique through the use of core strength, and running specific drills and advice. We will work with you to help you achieve your goals, big or small!



**Running group led by a  
physio and a personal trainer**

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**Sessions include core strength,  
running drills & a running route**

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**Ideal for regular runners looking  
for speed and technique advice**

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**Beginning runners – learn  
to run with good technique  
and guidance**



**Ph 961 0236**

**BOOK YOUR  
Assessment today**



*Muscle*

**People** 

Physiotherapy

**Bishopdale YMCA Clinic**

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Christchurch

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