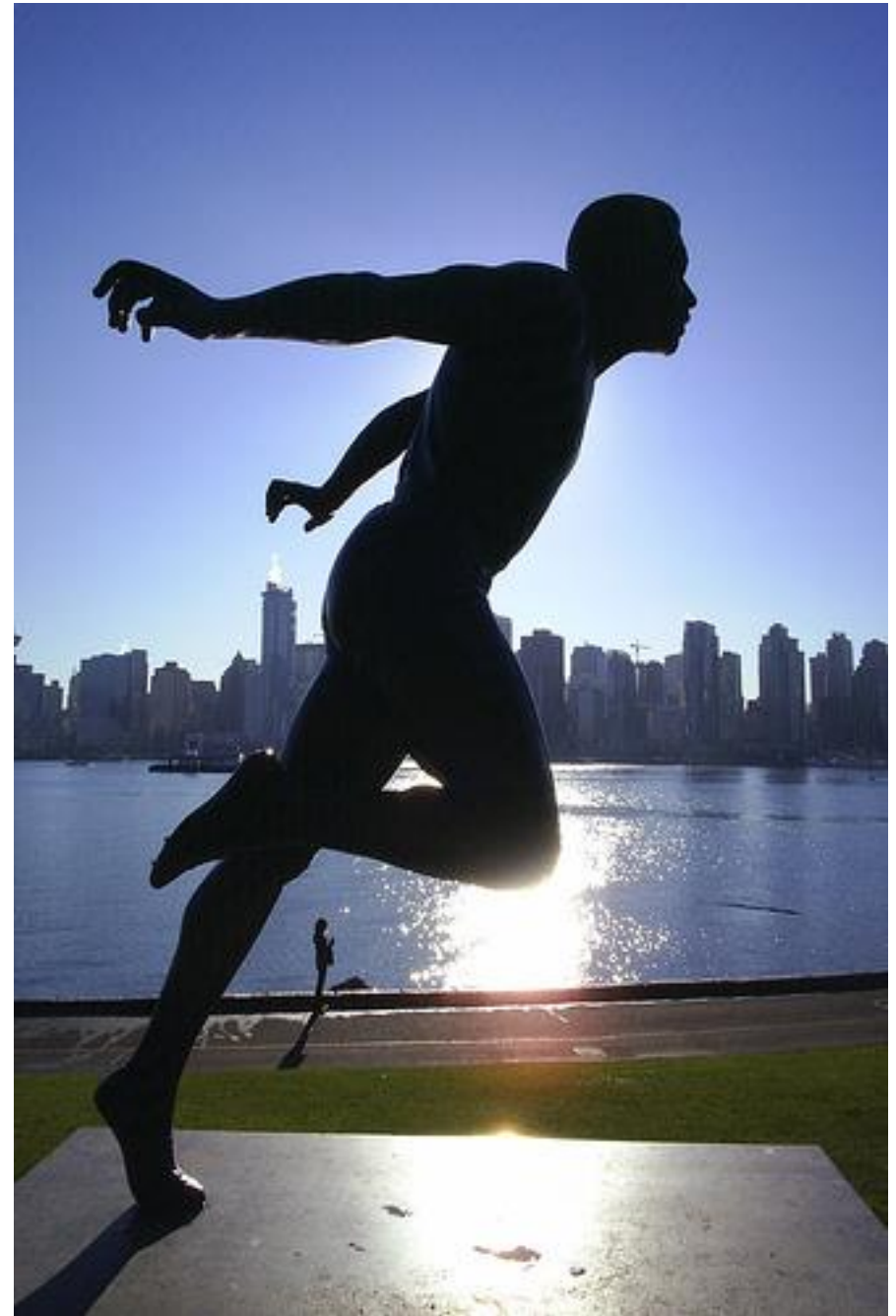


# The Running Lab



A technically sound, well-balanced runner is an efficient and effective runner.

Running injuries are most often caused by:

- Poor technique
- Malalignment
- Muscle imbalance
- Training Errors

**The Running Lab**



Our Running Lab Programs are designed to help keep you running longer, stronger and injury-free.



**The Running Lab**

## Our **Running Assessments**

include an individual assessment of your:

- footwear
- alignment
- muscle balance
- mechanics

**PLUS** Video analysis of your running technique on our state-of the art treadmill

# The Running Lab



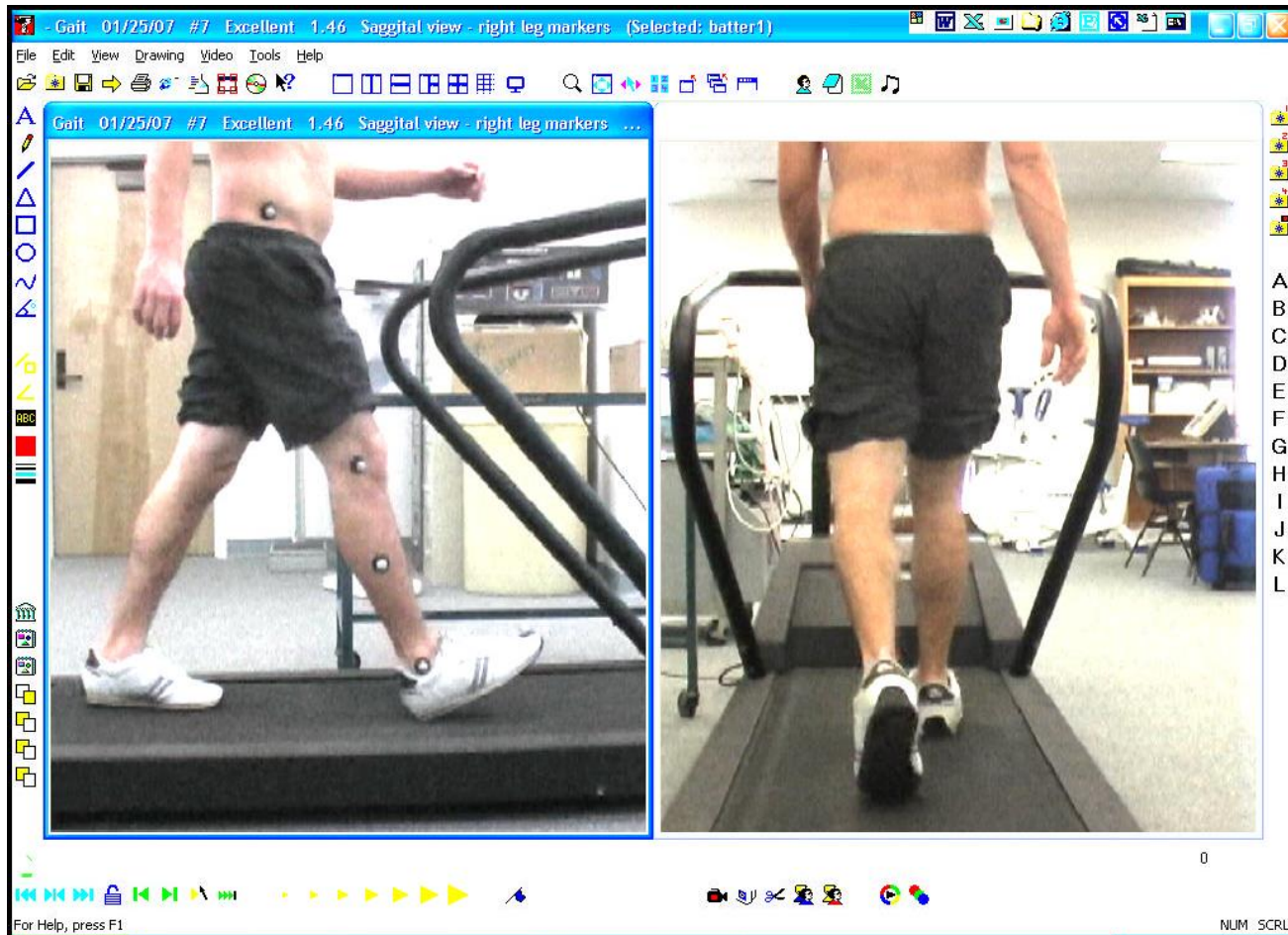


# Video Analysis



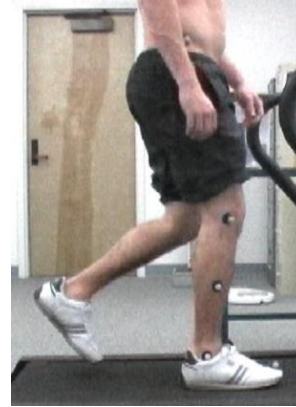
## Side-By-side Comparison

# Video Analysis



## Dual Camera Capture

# Video Analysis



**Frame-By-Frame & Slow Motion Capture**



# We also provide **Running 'Prehabilitation' Clinics**



These small group sessions combine education, video gait analysis & running specific exercises & drills

Ideal for runners looking to take their performance to the next level

## **The Running Lab**

