



About Running Clinics

Active Chiropractic offers three types of running clinics, as well as a free Run Club to help keep you motivated. The Run Club is open to all skill levels.

Learn to Run in Just 10 Weeks!

In this program, you will learn proper warm-up and stretching for running, what kind of clothing and equipment to wear and you will learn about proper running nutrition and injury prevention.

The class is 10 weeks in length, with one class per week. The cost is \$56.50 (tax included).

5K and 10K Clinic

The 5K clinic is designed to prepare you for a 5K event. The 10K clinic is designed to prepare you for a 10K event. This is a good clinic for you if you have the basics of running from the Learn to Run program and now want to achieve a specific distance goal. This program will bring you to the 5K or 10K distance.

This program will allow you to use the 10 and 1 (run/walk) program using intermediate and advanced training schedules. It covers the basics of nutrition, goal setting, pacing, heart rate training and more. This program focuses on increasing your ability to cover distance in your training and allows you to run comfortably without spending a great deal of time training or recovering. This clinic also allows you to improve your running speed and time if you have previously completed these distances.

This class is 10 weeks in length, with one class per week. The cost is \$56.50 (tax included).

We encourage you to participate in strength and flexibility training in addition to this running clinic. Please inquire about running packages that include bootcamp and/or yoga.

Half Marathon Clinic

The Half Marathon Clinic is designed to prepare you for a half marathon event. This clinic also provides the opportunity to improve your running speed and time if you have previously completed this distance. Running talks focus on more advanced aspects of running: avoiding dehydration, using nutrition during an event, heart rate training.

This class is 12 weeks in length, with one class per week. The cost is \$68.00 (tax included).

We encourage you to participate in strength and flexibility training in addition to this running clinic. Please inquire about running packages that include bootcamp and/or yoga.