

RUNNERS TOOLKIT: ***Fundamentals for Running Success***

3-PART RUNNING LECTURE FOR ALL RUNNING LEVELS

Workshop 2: Athletic Recovery, Nutritional Considerations, & Strength Training in the Healthy Runner

THURSDAY, AUGUST 18 | 7:30-8:30PM

*Dana Klein, founder of **True Potential Running** and a certified running coach, will discuss nutrition at every stage of your workout. She'll touch upon the importance of proper fueling to keep you performing at your best and how to properly recover from a workout to stay healthy and continue training so you meet all your fitness goals.*

*Liz Yerly, founder of **Chicago Recovery Room**, partner of **IMPACT Physical Therapy**, and a licensed physical therapist and athletic trainer, will discuss the latest science, technology, recovery tools, and services available to athletes. From cryotherapy to compression boots, we'll focus on what tools are best to help your body return to its optimal exercise state. You'll also have an opportunity to experience Chicago Recovery Room's "recovery protocol" that is guaranteed to make you feel better the next day!*

***Shred415** Naperville Trainer, Marianne Torres, will take you through strength training exercises and recovery movements to create stronger, more efficient bodies. Come dressed to move as we'll be sharing tips & tricks for you to try in-person, better equipping/preparing you for when you try them again at home or in the studio with us.*

HOSTED AT

IMPACT Physical Therapy & Chicago Recovery Room - Naperville
116 W. Gartner Rd. Ste 104 | Naperville, IL 60540

\$10 PER LECTURE | REGISTRATION REQUIRED:
EMAIL NAPERVILLESCHEDULE@SHRED415.COM OR CALL (630) 276-7300.