



Running Pre-Season Training Program

Performance and Injury Prevention

Learn how you can optimize your performance and prevent injuries. Join us for this program to help you get into top shape for the upcoming running season. Runners and coaches of all skill levels are welcome!

Wednesday, May 27, 2009
6:00pm – 8:00pm



Hospital for Special Surgery Speakers:

Rob Maschi PT, DPT, CSC

Heather Williams, PT, DPT

This Workshop Includes:

- Running specific exercises
- Strength training and plyometric exercises
- Instruction for injury prevention and performance enhancement



The program will be held at:

Sports Rehabilitation and Performance Center
525 East 71st Street, Ground Floor
Between York Ave and FDR Drive
New York, New York



Fee for this program is \$30
Space is limited and pre-registration is required.

For more information email pped@hss.edu
To register go to www.hss.edu/pped