



Are you RUNNING IN PLACE? Running progression at a standstill?

Invest 2 hours and experience hands-on skills and drills that will result in immediate improvements to your efficiency and pace!

WHAT Will You Learn?

- How arm drive/elbow angle drives leg speed
- Proper posture and body lean for ideal foot strike
- Strength movements for rock solid hips and knees
- Maintain faster overall race pace
- Learn to identify maximum HR and personal HR zones
- Drills and techniques which fit into your current workouts and impact endurance and speed

Your Coach is Dwight Sandvold- Owner of Fitness and Sports Training. Dwight's trained eye, motivating style, and 25 years experience has resulted in athletes qualifying for state and national meets, the Boston Marathon and IM Kona.

- **When:** Saturday, September 6th- 11-1:00
- **Where:** FAST - 225 E Wisconsin Avenue, Nashotah, WI 53058
- **Cost:** \$30 Pre-register: www.fastandyou.com Pay Pal - click on payment center and Run Efficiently flier: or check made payable to F.A.S.T.- Send to FAST
- **Contact:** dwrightsandvold@yahoo.com / 262-719-7893