

Peak Endurance Running Clinics!

These clinics are for beginner to intermediate runners who want to know everything they need to become runners (or better runners) for next run season!!!

Clinic include: Technique training & video analysis; Training program recommendations for your level; Using Heart rate; Recommended Nutrition to support your running; Recovery; Strength, core work & Stretching for injury prevention.

1-Day Clinics

Email me to find out the next date of our 1-day Clinic!

The goal of the clinic is to empower you with the information necessary to help you become a better runner!



Limited to 5 participants
each clinic

Pre Registration Necessary!

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