

OutlawFit Running Clinic

- Contributors

- Nick Outlaw CSCS
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- Goals

- Provide education
- Decrease your risk of injury
- Increase your running efficiency
- Develop running-based exercise program

*** Always consult your doctor and any appropriate medical professionals before starting any exercise program ***

- Content

- Running Injury / Education
- Running Posture
- Pillar Prep
- Pillar Strength
- Movement Prep
- Plyometrics
- Strengthening