

Teach me to Run

Dr. Wilbour Kelsick / ½ day workshop

The “Teach Me To Run” workshop will help you understand the fundamentals of running bio-movements (biomechanics), efficient running form and how you can prepare yourself or clients to have a successful running career and decrease incidence of injuries. The concepts are based on arts and science of running movement.

The workshop is appropriate for the running coach, fitness trainer or physiotherapist. In addition, if you are a tri-athlete who wishes to decrease running time segment; a soccer or basketball player who wants to improve speed and explosive power this workshop is for you.

Learning outcomes:

1. How to breathe during running
2. How to run elastically – utilizing body’s elasticity (fascia net)
3. How to maintain proper arm, upper body, trunk and pelvis and lower extremity posture (i.e. ideal running form)
4. How to travel in air between strides i.e. covering distance during every stride cycle
5. How to decrease foot contact time on the ground
6. Ideal running posture for you
7. How to train/condition your myofascial systems (fascia, tendon, ligaments, muscles & bone) to gain the appropriate strength and endurance for running (i.e. functional fascia training for running)
8. How to train your body to resist early onset fatigue in running

Practical hands on session of running skill, posture and technique will cover the following:

- Improving your running posture/form (i.e. Running technique)
- Stride length or stride distance concept? Does it Matter?
- Hip, knee and foot placement
- Arm and upper body movements
- Head and neck position
- Breathing technique & form during running
- Sports specific running drills for improving running form and technique
- Sports specific functional global strength exercises to improve running strength capacity- based on fascia science and botensegrity principles

Workshop schedule:

9:00 – 10:15 Introduction to the Theory of Running

10:15 – 10:30 Break

10:30 – 12:30 Practical Session

Logistics:

Participants should come prepared to run and need to bring clothing for running, shorts tights (avoid baggy clothes), appropriate running shorts and also bring (yoga mat, blanket and Thera (elastic) bands (for doing exercises)

References:

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Presenter:

Dr. Wilbour Kelsick, Sports and Rehab Medicine is the founder and spiritual core of the MaxFit Movement Institute. He has been working as medical staff with the Canadian National and Olympic teams for over 25 years. Also served with the NHL, NBA and attended 10 Olympic Games. In addition, he has been a sports medicine consultant with Olympic athletes from USA, Africa, Caribbean, and Sweden to name a few. His education and experience position him perfectly for this role. Dr. Kelsick's network of colleagues and friends, gathered in his more than 30 years as a health practitioner, expands what he can offer. Dr. Kelsick received his B. Sc. in Kinesiology from Simon Fraser University, his Doctor of Chiropractic Medicine from the Canadian Memorial Chiropractic College. Dr. Kelsick has written and published several articles, is a contributing author for a medical text and also recent contributor to Fascia in sports and Movement and Australian Journal of massage therapy. In the past he sat on the editorial board of the Journal of the Canadian Chiropractic Association (peer review journal).

His two specialties are sports medicine and rehabilitative medicine and is a Fellow of the College of Chiropractic Sports Sciences (Canada) and the College of Chiropractic Rehabilitative Sciences (Canada).