

GOOD FORM RUNNING at Gallagher Fitness Resources



Gallagher Fitness Resources offers Good Form Running – **GFR at GFR** – since May 2011. To run well and run efficiently, you need to know the basics. This program teaches runners of all levels the basics of an efficient running stride. Once you learn, you will be able to build strength, build speed, and stay uninjured.

Good Form Running uses 4 simple principles to help you align your form and enjoy a more natural running stride. We will film your running stride, review the [4 points of Good Form Running](#), do some drills and practice to build awareness.

GOOD FORM RUNNING Classes: 1st & 3rd Thursdays 6:05 – 7:30pm (Oct/Nov/Dec)

Contact Jessie@ActiveSalem.com for class availability and more information

Why should you sign up for this FREE class?

- Improve your running and walking efficiency by learning your appropriate stride length
- Easy-to-learn, easy-to-use drills and video analysis to help participants feel a contrast between their current running/walking form and Good Form Running
- Understand the importance of Posture, Midfoot, Cadence, and Lean
- Leave your class with a list of tips and skills to improve on
- Learn some ways to build foot strength, core strength, and healthy alignment
- It's FREE and personalized. Small groups will provide individual attention

Stay Tuned to [Gallagher Fitness Resources on Facebook](#) for immediate updates!

Other Resources:

<http://www.newbalance.com/performance/running/good-form-running/>

<https://www.facebook.com/goodformrunning>