

**May Education and Lecture Series Meeting  
Premier Health & Fitness Center Group Fitness Studio**

**May, 21, 2017 12:30 pm - 2:00pm**

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## **What You Can Do at the Gym to Increase Your Running Speed and Lengthen Your Running Career**

Want to know the secret for running fast up and over the hills of Tallahassee? How would you like to run with fewer injuries and extend your running career several decades? This will be a running focused session giving you the insider secrets of how runners increase their speed through the core work and complete body workouts that Yoga, Pilates and PiYo provide. Your May Education and Lecture Series Meeting is held in partnership with Premier Health & Fitness Center. Your instructor is Kimberly Johnson, a 4 time marathon finisher. She's completed 16 half-marathons, 8 half Ironman triathlons in the southeast, 3 adventure races and a 14 mile Tuff Mudder. At the age of 42, Kimberly was inspired to pursue teaching group fitness when an injury required reconstructive surgery on her hip. Kimberly's certifications include group fitness instructor in Piyo, senior fit, balance, hydro fit, boot camp, spin and CPR. All Gulf Winds Track Club members 18 years old and over are welcome to attend, check-in with a photo id is required. Registration will be limited. Follow GWTC Education Facebook page for more details.

- Why many of the most popular “runner” core exercises can actually cause injuries and what to do instead.
- The “Tom Brady” style muscle lengthening that increases your running speed and endurance.
- Why some triathletes become so tight they can't lift their leg up and over their bike and why this slows them down in all three sports.
- The wear and tear that forward motion sports put on your body and how a simple workout on a yoga mat can help you hit your PR goals time on race day.
- How the stretching most runners do causes injuries and what to do instead to improve your speed and longevity.

Whether you are new to running or a consistent age-group winner who is “getting more experienced” and wants to lengthen your running career, this session will give you tremendous insight into what you can do on your “cross train day” that'll make you faster on race day.