

Striding On!

Do you want to become a FASTER and more EFFICIENT runner?

Are you a FUN RUNNER, MARATHON RUNNER, TRIATHLETE or HARRIER?

Maybe you're into TEAM sports and want to improve your basic running action?

Are you involved in PE TEACHING or COACHING?

As a sports MEDICINE professional do you want to help runners avoid repetitive INJURIES?

The Striding On! video will improve your running efficiency and speed. (more about video content)

Striding On! helps you understand the complete running action by breaking it down into key areas. A sequence of proven drills re-educate your mind and body to improve your running.

The Striding On! video uses a four-week re-education plan.

First it helps you understand the complete running action. Then week by week you'll learn the drills that help re-educate your running style into a more efficient and faster one.

Striding On! is ideal for any distance runner who wants to improve their speed and efficiency, or for coaches, teachers, fitness professionals and physiotherapists to use to teach others. Striding On! is an excellent resource - you'll use it time and again.

This instructional video is based on our successful 4-week course operating since 1995.

Check out some dvd clips.