

Exercise Prescription for Runners Course Schedule

| Time | Topic |
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| 8:00 - 8:30 | Starting Line: Introductions, sign-ins. |
| 8:30 - 9:30 | Module 1: Affecting Change: Physiologic change and systemic response to exercise. |
| 9:30 - 10:30 | Lab 1: Spine: Isolated LSS of the spine/pelvis |
| 10:30 - 11:30 | Module 2: Timing Matters: Clinical decision making, selection, and staging of exercise |
| 11:30 - 12:30 | Lab 2: Hip/Pelvis: Isolated LSS of the Hip and Pelvis |
| 12:30 - 1:00 | Lunch Break |
| 1:00 - 2:00 | Module 3: Dynamic Progression: Reassessing for proper progression of exercise strategy |
| 2:00 - 3:00 | Lab 3: Lower Leg: Isolated LSS of the Knee, Foot and Ankle |
| 3:00 - 4:00 | Lab 4: Putting it all Together: Integrated LSS for advanced strategy |
| 4:00 - 5:00 | Module 4: Gait Correction Techniques and Strategies. |
| 5:00 - 5:30 | Finish Line: Course Wrap Up |

Course Objectives:

- 1) Upon completion of this course, attendees will understand a prioritized and progressive approach to exercise selection for runners.
- 2) Upon completion of this course, attendees will understand proper prescription and performance for corrective strength and mobility exercises for runners.
- 3) Upon completion of this course, attendees will know how to instruct and refine higher level integration exercises for runners.
- 4) Upon completion of this course, attendees will understand the role of local and systems based rehabilitation for the treatment of running injury.
- 5) Upon completion of this course, attendees will understand the role of preventative exercise to reduce the risk of running injuries and improve the overall resiliency of the running athlete.