

The Pace Academy

THE FEMALE RUNNER

Saturday	
8:00- 8:45	Module 1: The lens we look through. Introductions and background of speakers and attendees.
8:45-10:00	Module 2: The Female Body. Hormones, menstrual cycle, iron deficiency, RED-S and eating disorders.
10:00- 10:15	Break/BTC dynamic warm up
10:15- 11:00	Module 3: Evaluation/screen of the female runner, how to ask the hard questions
11:00- 11:45	Lab 1 - Evaluation /screen of the female runner
11:45-12:30	Module 4: Gait analysis for the female including Diers
12:30-1:00	Lunch
1:00-1:45	Lab 2 - Practical gait analysis for the female runner
1:45-2:45	Module 5: Common injuries seen in females (SIJ, hip, stress fx), pelvic floor dysfunction (SUI in runners)
2:45-3:00	Break/Pace Academy warm up
3:00-4:00	Module 6: Training for the female runner. Strength training, running specific training, altitude training, fueling
4:00-4:45	Lab 3 - Integration of strength training and intervention
4:45-5:30	Module 7: Consideration for pregnant and postpartum
6:00-8:00	Optional After Hours - dinner and discussions. Location TBD.

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Course Objectives:

- 1) Upon completion of this course, attendees will have an understanding of the anatomical, hormonal, and physiologic factors that impact the care of the female running athlete.
- 2) Upon completion of this course, attendees will have a structured evaluation specific to the needs of the female runner.
- 3) Upon completion of this course, attendees will understand the gait patterns specific to female runners and the impact they have on injury diagnosis or performance enhancement.
- 4) Upon completion of this course, attendees will understand common injuries observed in the female running population.
- 5) Upon completion of this course, attendees will appreciate the role strength training, altitude training, and fueling have upon female runners.
- 6) Upon completion of this course, attendees will understand the special considerations for the care of the pregnant and postpartum runners.