

North Coast Endurance Coaching 2019 Run Mechanics Clinics



Learn efficient run technique
from a USA Triathlon Coach.

Learn to run injury free,
more efficiently, and faster!

DETAILS:

Cost is \$25

April 13th 9am at Beachwood running track.
April 20th 9am at Rocky River running track.


Video analysis, coaching, & drills for each
athlete.



**MORE
INFORMATION?**

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 www.NCEcoaching.com

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