



What: Performance Running Clinic

When: June 9th 6pm to 9pm

Where: Sport Yukon Board Room/ FH Track

Who: Athletics Yukon Members

Hoping to improve your performances over 5k to the Marathon distances join us on June 9th from 6pm to 9pm at the Sport Yukon Board room. Athletic Yukon is offering a 3-hour running clinic for novice to advanced endurance runners.

This presentation will cover 1 ½ hours of planning and periodization for a competition. How to Taper and Peak for your performances, the Big 5 and trends in training. Additionally, we will spend 1 ½ hours of on practical aspects of improving your running technique, developing your speed and strength.

Presented by Allen Johnston

National Athletics Canada High Performance Coach