CADENCE PHYSIOTHERAPY
RUNNING COACHING AND ASSESSMENT

Training Sessions

Weekly evening training sessions aimed at building strength, speed and endurance. Focus will be placed on training on all different surfaces and inclines. During sessions, I will monitor and adjust running technique to ensure running efficiency and minimise injuries.

Day: Tuesday and Thursday

Time: 6-7 pm during daylight savings time and 5.30 -6-30pm for the remainder of the year.

Where: Arboretum

Meeting at upper carpark near the main building and playground during daylight savings and the lower carpark near the lake (national rock garden) for the remainder of the year

What to bring: Head torch during winter. I recommend the Petzl neo or equivalent to provide sufficient light for running.

Cost* $90 for a pass to 6 training sessions.
Paid in advance

* Rebate available through Private Health Fund
(Invoice given after six sessions)

JOHN WINSBURY
john.winsbury@cadencephysiotherapy.com.au
0420 411 990
ABN: 26 730 439 792