

SANFORD SPORTS PERFORMANCE | RUNNER'S CLINIC

“Balance the Body, Align the Mind”

Kick off your spring training with some helpful tips and a chance to learn some new training techniques.



LOCATION

Sanford POWER Center
(Enter through POWER entrance.)
3000 Division St. W. Bemidji, MN 56601
DATE: May 10th, 2025
COST: \$35

SCHEDULE

8:00 AM – 8:15 AM: Welcome & Introductions
8:15 AM – 8:45 AM: Session 1 - Rooting into the Present
8:55 AM – 9:25 AM: Session 2 - Strengthening the Core: Centering Your Movement
9:35 AM – 10:05 AM: Session 3 - Running with Awareness: Perceived Effort and Body Awareness
10:15 AM – 10:45 AM: Session 4 – Breathing and Visualization for Performance & Recovery
10:55 AM – 11:25 AM: Session 5 - Injury Prevention: Flexibility and Mobility for Runners
11:35 AM – 12:05 PM: Session 6 - Biomechanics and Efficient Running Form
12:05 PM – 12:15 PM: Wrap-Up & Final Q&A



REMINDERS: Bring water bottle, yoga mat, running shoes

INSTRUCTED BY

Briana Isakson, PT, OCS - Sanford Health Senior Physical Therapist
Alex Schoneberger, PT- Sanford Health Physical Therapist
Anna Iburg, CSCS - Sanford Strength & Conditioning Specialist
Angie Clark - RRCA Run Coach, Certified Yoga Teacher, & Ayurvedic Wellness Coach

Space is limited. Register at SanfordSports.com

