

Paul Marshall, our Principal Physiotherapist, has more than two decades of long distance running, triathlon and ironman experience. He has refined his expertise in developing training programs for both experienced and beginner runners, as well as analysing a runners' technique to determine the efficiency of the stride, any strength deficits or other factors impacting on speed and endurance.

Health fund rebates apply to the biomechanical and technique assessments.

**Biomechanical assessment** – A specialised assessment addressing the range of motion of joints, muscle strength and flexibility, co-ordination and balance that are essential for an efficient running style. On completion of the assessment, a home exercise program is provided to remedy identified areas of concern. **Cost** \$80

**Running technique assessment** - Video analysis of running technique including assessment and correction of technical flaws during the session. **Cost** \$80

**Training program** - Duration of program is dependent on evaluation of individual's realistic goals and timeframes based on current fitness and time committed to training. The training programs consist of a variety of sessions: speed; cardiovascular efforts; technique; and endurance suited to your training goals. The programs are created for each individual to ensure they are tailored specifically to accommodate work and other commitments, making them realistic and achievable. There is no requirement to attend the practice for development of a training program. This can be compiled based on the completion of a detailed questionnaire and follow up interview (if required). **Cost:** Marathon and ½ Marathon \$150. 10km/5km \$100

**We also offer discount on prices if you wish to package together our Fit 4 Running programs**

#### **Full package**

- Biomechanical assessment, running technique assessment and training program
- Phone review every 4 weeks
- Re-assessment
- **Cost:** Marathon or ½ marathon \$375 or 10km/5km \$350

#### **Express Start Package**

- Biomechanical Assessment
- Running technique assessment
- Training program
- **Cost:** Marathon or ½ marathon \$275 or 10km/5km \$250