



## **RUNNING RE-EVOLUTION**

### **The key to great running technique!**

Are you looking to improve your running technique or unsure if you are running correctly? The **Running Re-evolution** video and technical analysis is perfect for all levels of jogger or runner, from absolute beginner to world champion. It is equally beneficial for those looking to reduce injury risk, improve function or enhance performance.

#### **What is it?**

- **Running Re-evolution** is our **WORLD EXCLUSIVE** video analysis of running technique

#### **Who performs the testing?**

- Qualified Physiotherapists have developed and perform the **Running Re-evolution** testing protocol. Both are multiple West Australian athletic champions.

#### **What does the test involve?**

- The **Running Re-evolution** involves you running on a treadmill so we can capture footage of your running in various positions and angles and closely observe and analyse your form. Thereafter, we conduct a thorough musculoskeletal assessment to identify areas of restricted range of motion, limited flexibility or reduced muscular endurance.

#### **What will you receive from a Running Re-evolution testing session?**

- A series of personalised exercises targeting identified deficits and helping to enhance your running technique and efficiency.
- A **Running Re-evolution 4GB** USB drive with footage and audio of your technique analysis and personal exercises

#### **How do I book a testing session?**

- Call The Running Centre on 93242707 to book your session.

#### **What is the cost?**

- The Initial assessment is 1hr and cost is \$195. Follow up sessions and reviews of 30 min duration cost \$88. Private Health Rebates may apply

#### **What should I do before the test?**

- On the day of your test, treat it as another training session. Make sure you have eaten 2-4 hours prior to the test and have consumed at least 1L of water. Then arrive wearing the same clothes that you would for any other training session.

**Any other questions?** [physio@therunningcentre.com.au](mailto:physio@therunningcentre.com.au)

**WITH YOUR PERFORMANCE.....TRUST THE EXPERTS!**