



# Advanced Running Assessment + Rehabilitation

presenters Glen Robbins & Benoy Mathew

## Day 1 - Movement Screening & Strength Training for Runners

Registration 8.45 to 9.00

Morning Session: 9.00 to 12.15pm

Overview of Running Injuries and Update on Current Research

Functional Screening and Movement Analysis

- Practicals: Runners Readiness Scale - Movement Screening (3 Core Tests) - Dynamic Differentiation Tests

Principles of Strength and Conditioning

Lunch 12.15 to 1pm

Afternoon Session: 1 to 4.30pm

Evidence based Injury Prevention for Runners

Practical Strength and Conditioning

- Practicals: Corrective Exercises – Movement Patterning - Functional Strength Training for Runners - Hip Stabilisation Exercises

Subjective Special Qs, Case Study & Q & A

## Day 2 – Conditioning Strategies and Running Re-training

Morning Session: 09.00 to 12.15

Overuse Injuries in Runners

Conditioning Strategies for Injury Prevention & Performance

- High Velocity Training - Plyometrics & Medicine Ball Training for Speed & Power - Dynamic Core Stability - Interval Training

Practical Considerations

- Dynamic Warm-up - Integrating S & C with Running

Lunch 12.15 to 1

Afternoon Session: 1 to 4.30pm

Biomechanics and Evidence Based Running Re-education

Application of Running re-training

- Practicals: Step-rate (Cadence) Manipulation - Mirror Re-training - Running Drills

Reducing Injury Risk during S & C training

Case Study - Q&A

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