



# Running for beginners

**PhysioMed**

## Adrian Hamill and Barb Millar



Part 1: Seminar – Thursday 21<sup>st</sup> September 6.30pm to 8pm

Part 2: Breakout Session – Saturday 23<sup>rd</sup> September

*Are you new to running, or have tried a bit of running in the past, or the running phases in your life come and go with injury, illness or it just gets too hard?*

Join Adrian Hamill Physiotherapist, owner of PhysioMed and Barb Millar REP's Registered Personal Trainer for the low down on running for beginners.

### The program will be in two parts:

**Part 1:** Seminar on Thursday 21<sup>st</sup> September in which Adrian will cover how your body functions when running, what muscles and joints are affected and how to avoid potential injuries, how to recognise niggles and what direction to follow. It is inevitable that if you are active and training that you will be faced at some stage with injuries or problems but the effect can be minimalised and managed. Adrian will also talk about the importance of breathing, strength and strength training, stretching, why and how to use foam rollers, how to bring walking/running together for best results plus the benefits of walking/running is to our health and wellbeing. After that there will be a half hour for questions you may have. (Session includes notes and refreshments)

*Cost of Part 1 Seminar only is \$15 per person*

**Part 2:** Optional Breakout groups on the Saturday 23<sup>rd</sup> September. There will be three sessions at 11am, 1.30pm and 4pm which will be limited to a maximum of 6 people per session. Each person will have a lower body assessment with analysis of range of motion and strength and how this affects your running and potential injury plus information on what you can do going forward on your running journey. (Session includes notes and refreshments) *Cost of the Part 2 Breakout group is \$50 per person or*

***If you register for both Part 1 & Part 2 the total cost is \$50 per person***

You can register for Part 1 only or both Part 1 & 2 on the [BMT Facebook Page](#), email to [info@barbmillartraining.co.nz](mailto:info@barbmillartraining.co.nz) or [fill out our form here](#) to secure your spot.

*(Numbers are limited for both sessions)*



Any questions? Call/text Barb Millar on 027 271 9721 or email on [info@barbmillartraining.co.nz](mailto:info@barbmillartraining.co.nz)

*Adrian has a passion for being active and the outdoors. He has competed in Coast to Coast, enjoys taking part in Rogaine's, mountain biking and kayaking. He has been qualified as a Physiotherapist for over 17 years and has been invaluable to keeping so many of us active when injuries put hurdles in the way of our goals. As a Physio Adrian has a great way of analysing and looking outside the box to treat injuries and advice on how to manage and keep active.*

*Barb has been actively involved in swimming, running, triathlon and multisport for ever and during the early years learnt the hard way about understanding how her body functioned and the effect in the long term of over training, over use and abuse 😊 Barb qualified as a Personal Trainer and REP's Registered Trainer 10 years ago and her mission is to help others become active and incorporate training, events and adventure as part of their lives, not something that comes and goes due to injury, illness and general life stresses.*