



Group Running Class,  
RUNSTRONG and  
Knee Rehabilitation  
Schedule



# 📍 *Dickson - Woolley Street*

Suite 2/55 Woolley Street,  
DICKSON, ACT, 2602

To register, call our reception staff  
on  
(02) 6248 9841

## Group Running Classes

Do you run to stay fit and healthy? Or are you an elite runner looking to get an edge?

If so, join our weekly running group! It's free, fun and caters to all running interests and goals. We have a team of knowledgeable Physiotherapists ready to help you with your technique and fitness.

The group runs on Thursday nights at Dickson Playing Fields from 6pm. Sessions run for 60 minutes.

*Thursday*

**No Cost**  
(10 week duration)



Led by Physiotherapists  
Reuben Caley, Casey McDonnell  
and Ella Borgeaud

**6:00pm - 7:00pm**

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(02) 6248 0473

## **RUNSTRONG Classes**

Are you a runner looking to include strength work as part of your weekly training and have no idea how or why? Do you want to become faster, stronger and a more economical runner? Would you like to improve your running technique and reduce your injury risk. Look no further...

RUNSTRONG is an evidence based strength training program for runners to take your performance to the next level. The structured sessions are designed and run by athlete and Physiotherapists Reuben Caley, Casey McDonnell and Ella Borgeaud, who have extensive experience in high level sport and dealing with runners.

Online bookings are essential prior to attending class. If you are unsure if you should attend this class, please call us on (02) 6248 0473 or email Reuben Caley on [reuben.caley@gmail.com](mailto:reuben.caley@gmail.com)

The class format includes both group exercise and individual circuit based exercise. Both classes focus on strength exercises to improve elements of running form and performance.

### Upper Body Form

- Lumbo-pelvic control
- Arm swing
- Forward lean

### Lower Body Form

- Foot strike in relation to COM
- Toe off and knee drive
- Cadence and footwork
- Stride pattern

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## **RUNSTRONG Classes**

### **Level 1**

10-week Physiotherapist guided strength group suitable for new runners, returning from injury, or runners just looking to include structured strength work into their training program. Main goals are to provide foundational strength, technique and control which provide the foundation to build upon in level 2.

#### Components:

- Body weight functional strength
- Light weights and plyometric exercises specific to runners
- Lower body
- Upper body
- Core

Max class size: 12 participants

***Tuesday***

### ***Pricing***

*Class Assessment (20 mins)* \$30

*Class Pass* \$180  
(9 week duration)



Led by Physiotherapists  
Reuben Caley, Casey McDonnell  
and Ella Borgeaud

**5:00pm - 6:00pm**

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## **RUNSTRONG Classes** **Level 2**

10-week Physiotherapist guided strength, control and plyometric training program targeted at intermediate to advanced runners. The main goals are to increase muscular power and neuromuscular coordination, and improve running economy. Entry into level 2 is allowed after successful completion of level 1 or a Physiotherapy screening at SportsCare to determine suitability for the level 2 class.

### Components:

- Higher level dynamic strength and control
- Barbell work
- More advanced plyometrics targeted at runners
- Lower body
- Upper body
- Core

Max class size: 8 participants

***Tuesday***

### ***Pricing***

*Class Assessment (20 mins) \$30*

*Class Pass \$180*  
*(9 week duration)*



Led by Physiotherapists  
Reuben Caley, Casey McDonnell  
and Ella Borgeaud

**6:00pm - 7:00pm**

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## **Knee Rehabilitation Class**

The knee rehabilitation class is for participants looking to regain strength and power in their knee and lower limbs following injury. The program will look to reduce further incidence of injury and improve performance by targeting mechanisms to improve landing and change of direction mechanics, as well as the ability of the body to absorb and produce force.

Possible participants could include those recovering from ACL rehabilitation, PCL strains, MCL/LCL strains, hamstring/calf tears, meniscal repairs/meniscectomy, patellofemoral pain.

If you are interested, ask about our knee screening sessions and find out if our knee class could help you.

***Monday***

### ***Pricing***

*Class Assessment (20 mins)*    \$26

*Class Pass*    \$180  
(9 week duration)



Led by Physiotherapist  
Nyrie Atkin

**5:30pm - 6:30pm**