



**WARRIOR ATHLETE**  
READINESS & RESILIENCE

# RUNNING TECHNIQUE WORKSHOP

MCRD TRACK @ 1130-1230  
**27 JAN - 17 FEB - 24 MAR - 7 APR**

MCAS HITT FACILITY @ 1130-1230  
**29 JAN - 19 FEB - 26 MAR - 9 APR**

RUN SMARTER AND STAY INJURY-FREE WITH THE WARR TEAM!  
PARTICIPANTS WILL LEARN KEY ELEMENTS OF FORM,  
POSTURE, CADENCE, AND FOOT STRIKE WHILE RECEIVING  
INDIVIDUALIZED FEEDBACK AND DRILLS DESIGNED TO  
ENHANCE PERFORMANCE AND EFFICIENCY.  
ALL AUTHORIZED PATRONS 18 YEARS OR OLDER.

FOR MORE INFORMATION: [SC.SEMPERFIT@USMC-MCCS.ORG](mailto:SC.SEMPERFIT@USMC-MCCS.ORG) OR 843-228-6412



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