



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 OR 843-228-6412



Disclaimer: No Federal or DoW endorsement implied

MC²CS
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