

Runner's Pathway



I AM A RUNNER

I currently run but would like to know more about running. I am interested in ways to improve my technique, speed/pace, and reduce my risk of injury through strength training.



I AM THINKING ABOUT RUNNING

I am new to running or have run inconsistently in the past.



I AM AN INJURED RUNNER

I have a running injury or an injury that is affecting my running.



I AM LOOKING TO EXCEL MY PERFORMANCE

I am a competent runner looking to excel. I am interested in improving my speed, endurance, injury prevention, technique in efforts to reach a goal or event.



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Running Assessment

For expert advice and strategies to enhance your technique and assess loading issues and risk of injury.



Injury Assessment

A detailed assessment if you've sustained an injury while running. With a continued focus to relieve, restore, and perform.



Running Program

We will create an individualised running program to assist you to perform your best and achieve performance goals.



Outdoor Running Group

Enjoy a structured running session. Work on your technique, pace and endurance whilst being supported by physio. This group is for all running levels - those who have never run before to marathon runners.



Runner's Strength Class

Designed to target muscles used during running. It aims to address muscular imbalances, improve performance, speed and reduce risk of injury.



Information / Research

Use our online resources to broaden your knowledge of running. Follow us to access blogs, articles, podcasts or videos related to running.



Deep Tissue Work

To prepare, maintain and promote recovery. This may include deep tissue massage, trigger point release, assisted stretching and dry needling to keep your running performance at its optimum.

