

WEEKLY Chi Running

*Enjoy effortless, energy-efficient running
and reduce your risk of injury*

MON Beginners Chi Running Club

7pm – 8:30pm

Studio-based technique work, drills and exercises covering Chi Running form focuses followed by up to 5k run. Suitable for beginners upwards

WED Intermediates Chi Running Club

7pm – 8:30pm

Studio-based technique work followed by up to 10k run. Runs will include aerobic, tempo (lactate threshold), hill work, intervals. Suitable for intermediates. Combine Monday and Wednesday sessions to create part of your training programme



First Sunday of the month

One-hour studio-based technique work followed by up to 10 mile run. Combined with weekly Monday and Wednesday evening sessions for the perfect training programme

£10 per session or £80 for 10 sessions

£8 Premier Fitness Club members or £70 for 10

Premier Fitness Club, London N4 3JP

Book online or call Gray on 07515 385593

N8pt.com

gray caws | personal trainer and Chi Running instructor



ChiRunning
Certified Instructor