Thank you all for arranging the running workshop. I found the session both enjoyable and informative with a good mix of practical and theory work. Ten out of ten from me. Hope to see you all at the next session.

Jon Vann

Thank you all for arranging the running workshop. I found the session both enjoyable and informative with a good mix of practical and theory work. Ten out of ten from me. Hope to see you all at the next session.

Paul Sales

I really enjoyed the workshop and found it really informative. The focus on running technique and injury prevention really gave me food for thought and I aim to build these into my regular exercise regime to better support my running. I am even looking forward to some hill work to try out my new found technique and whether I can maintain it when running up and down the Crab and Winkle!

I would fully recommend the workshops to anyone who enjoys their running and wants to try and improve.

Allistair McCutcheon

Thank you for the session you ran on Saturday morning. As a real novice I appreciated the practical tips provided, and the fun and enjoyable manner in which the team delivered the workshop. I was very impressed with how you catered with the wide range of abilities. I would certainly recommend it.

Trevor Sharpe

Thank you all so much for organising this well thought out and well structured morning. It was clear that all participants really enjoyed it. The skills presented over the two workshops has already improved my running enormously - I now have the confidence and motivation from knowing my running style is basically sound and that I’m less likely to sustain an injury by warming up properly and through correct technique and core muscle strengthening.

The psychological boost from knowing how to run up hills correctly now turns a groan into a “I can do this easily”

I only have one regret - that so many runners missed this invaluable experience. Looking forward to the next workshop.
A rather lean looking man and nonchalant dog stopped to ask me directions as I made my way toward the Pavilion for the Canterbury park run at a rather early hour on Saturday morning, anticipating another challenging but rewarding 5k prior to the Kent Sport running workshop. Deciding that a bacon roll might be a little unwise prior to the run, I joined the electric group of over a hundred runners of all ages, sizes, fitness levels and enthusiasm levels to take my place on the start line. After half an hour (give or take) I returned to the field, hot sweaty and a rather attractive shade of purple having been well and truly beaten by said lean-looking man. Relieved to find the dog hadn’t beaten me too. A short shower and change later, we reconvened at the Pavilion for the second Kent Sport Physiotherapy running workshop designed to provide guidance for uphill and downhill running, an absolute must if you’ve ever experienced the Canterbury park run! After a brief introduction and overview from physio Vicky Annis and health and fitness instructor Sarah Black we came down to the tricky business of common running injuries, telling tales of calf strains, pulled hamstrings, ruptured Achilles tendons and other such aches and pains. Vicky demonstrated some simple moves to stretch these muscles at home and emphasized the importance of warming up and cooling down either side of a run. Proceeding outside into the sunshine we then split into two groups to put these ideas into action. Sarah demonstrated a range of stretches, from simple squats and lunges to some more complex pilates based moves with the emphasis on control and balance; something which many of the group struggled with. Practice makes perfect it would seem. Definitely some great ideas to take home and try out.

We then moved on to the actual running part, by which point the glorious summers day appeared a little less convenient, providing a particularly warm ambience! Taking turns to run up small sections of hill, Vicky analysed our running techniques to point out common faults, such as leaning too far forward, not picking up the legs enough (they should be piston-like in case you’re wondering) and using the arms inefficiently. Running downhill fared little better; the overall approach should be to allow the legs to rotate as quickly as possible (think Roadrunner) which requires as much bravery as technique. With Vicky’s voice ringing in our ears, “imagine there’s a javelin through your back”, “don’t stick your chin out”, “pick your knees up”, we struggled to remember all of the good advice at once but all does make the dreaded hills seem a bit easier. After a brief recap of the drills we learnt at last years workshop to improve overall running technique, including heel-toe steps, high knees running and walking lunges, we finally earned that bacon roll and retired to the balcony, safe in the knowledge that hill running would never quite be the same again…

“Alyson Hunt

Alyson has participated in both workshops we have held