



1825 Ponce De Leon Blvd., #460, Coral Gables, FL 33134  
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## **Standard Pose Clinic Schedule**

### **Two Day Format**

#### **Saturday**

- 8.00 - 9.30 - Pose Method presentation (Lecture, Q&A session).**
- 9.30 -11.30 – Videotaping of pre-intervention running technique.**  
**Basic drills for body perception and running technique.**
- 11.30-12.30 - Lunch**
- 12.30- 1.30 - Video review and running technique (pre-pose) analysis.**
- 1.30 - 3.00 - Intermediate drills. Technique sharpening.**  
**Video taping of post-intervention running technique.**
- 3.00 - 4.00 - Stretching/strength/ flexibility and injury prevention exercises.**
- 4.00 - 5.00 - Post – intervention video analysis of running technique.**
- 5.00 - 6.00 - Q&A session**

#### **Sunday**

- 8.00 - 9.00 - Lecture – Advanced Pose Method & its application to your training.**
- 9.00 -10.30 - Advanced drills. Uphill and downhill running.**
- 10.30-11.30 - Long run with videotaping.**
- 11.30-12.30 - Strength recovery exercises.**
- 12.30 - 1.30 - Lunch**
- 1.30 - 2.30 - Long run video review and individual analysis of running technique.**
- 2.30 - 3.30 - Injury/errors correction/prevention in running.**
- 3.30 - 4.30 - Q&A session.**

**President of Pose Tech Corporation:**  
**Dr. Nicholas Romanov**