

Strength Training For Runners

JOIN TAI NAMPA + FLEET FEET

Learn how to maximize your running potential, reduce injury risk, and build your strength training program.

+ BENEFITS OF STRENGTH TRAINING

+ COMMON INJURIES IN RUNNERS

+ HOW TO STRUCTURE AND
DOSE YOUR PROGRAM

+ EXERCISE SELECTION

Q & A



Instructor:
Dillon Gragnano PT, DPT
Practice Manager I Physical Therapist



Thursday
January 9th, 2025
6:00 PM - 7:00 PM



Fleet Feet Nampa
1850 Caldwell Blvd Ste 120
Nampa, ID



Scan here to
find our clinic