

# RUNNING SEMINAR

*With Dr. Brandon Young  
PT, DPT, CSCS*



**RACE TRAINING ESSENTIALS:  
PROGRAM FOR SUCCESS AT ANY  
RUNNING LEVEL**

Don't miss our next **FREE** running seminar hosted by Carolina Physical Therapy and Strictly Running, where you'll learn how to optimize and plan your training for your next race!

Leading this expert-level seminar is Carolina Physical Therapy's running specialist and Doctor of Physical Therapy, **Dr. Brandon Young!!**

- **BUILDING A PERIODIZED PROGRAM**
- **TYPES OF RUNS AND WORKOUTS**
- **NUTRITION AND FUELING STRATEGIES**
- **AVOIDING INJURIES**

**TUESDAY, NOVEMBER 12TH  
6:00PM @ STRICTLY RUNNING**

 **Carolina Physical Therapy**  
and Sports Medicine

**Strictly  
RUNNING**  
COLUMBIA, SOUTH CAROLINA



[carolina-pt.com](http://carolina-pt.com)



[strictlyrunning.com](http://strictlyrunning.com)