

6-Week Chi Running Weekly Clinic Schedule
Kari Wilkinson *Certified Chi Running and Walking instructor*

****Note** If you are enrolled in the 3-week program, weeks 1-2, 3-4, and 5-6 will be combined**

Week 1 - Finding your posture

- Proper body alignment,
- Connecting the dots b/w running and Chi Running
- Getting started (3 demonstrations):
 - o Proper foot placement
 - o Feeling balance and relaxation on your feet
 - o Leaning off your ankles.

Week 2 - Continue reviewing Chi posture, lean and foot placement

- Lifting the foot (2 drills)
- Arm swing for Chi Walking and Running
- Beginning Chi Running and Walking drills.

Week 3 - Continue reviewing Week 1 and 2

- Knee bending drill
- Hip rotation around T12/L1 vertebrae
- Video taping of participants for stride analysis

Week 4 - Review Knee bending drill and T12/L1 rotation

- Differences between Chi Walking and Running
- Finding your run cadence.
- Use of the metronome when increasing and decreasing stride length while running
- Chi Running up and down steep grades.

Week 5 -Trail running Sandpit running as a diagnostic tool

- Program development - How to incorporate chi running techniques into your current running plan

Week 6 - Video tape of participants and critique

- Breathing techniques
- 15-20 minute coached run
- Evaluation and questions and answers on where to go from here.



About Kari Wilkinson

After more than 20 years of running Kari is still an avid athlete. She has gone from a complete horseback rider in her teens to a competitive age group triathlete as an adult (NCTS 2006 and 2008 1st place age group 45-49). Due to the demands of training for long distance events, she became interested in ChiRunning after noticing the toll the training was taking on her body. She became a certified Chi Running instructor in March of 2007 after incorporating the techniques into her training for several years. She is currently working at Triangle Sportsplex and New Millennium fitness as well as being a high school classroom teacher. She is also a **USA Triathlon coach** and **USA cycling Expert level Coach** as well as a **AFAA personal trainer** and holds a **nutritional certification through SCW**.

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ChiRunning is changing the way people approach the sport of running. Combining the principles of T'ai Chi with the laws of physics, ChiRunning:

- Empowers beginning runners with a sense of their strength and potential
- Increases performance and reduces race times for experienced runners.
- Greatly reduces pounding, pain and injury.

ChiRunning not only allows for healing of injuries it helps to prevent injuries, it promotes greater speed and distance with much less effort. Other benefits of

ChiRunning:

- Strengthens core muscles
- Builds great posture
- Loosens joints and relaxes limbs
- Increases mental focus and clarity
- Develops good breathing techniques
- Gives you more energy
- Makes running more fun