

Run Your Best Comrades

3 Month Training Package R3300

- Initial Assessment & Personalised Gym Programme
 - 1 x Group Conditioning Session/Week
 - 1x Altitude Session/Week
 - Gym, Alter G & Ice Bath Usage
 - 1 x Sports Massage
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Sessional Facilities for Runners

Alter G - Anti Gravity Treadmill

- Injury Rehabilitation
- Maintain running fitness while recovering from injury
- Speed Performance Training
- Recovering and Tapering before events

Altitude Training Room

- Reduce time spent training
- Enable superior fitness gains
- Reduce fatigue related injuries
- Retain fitness at near 100% when injured

Ice Baths

- Boost your recovery after intense sessions or long slow distance
- Combat muscle soreness

Additional Services

- Running Assessments
- Running Conditioning & Mobility
- Sports Doctor
- Dietitian
- Physiotherapy
- Sports Massage
- VO2 Max testing

