

Colleen thanks for getting such a great turnout last night. you can share this

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Thank you for the invite to SVR meeting !

Come join us May 14 for Harpers Ferry Half/5k and for Freedoms Run Oct 1

www.freedomsrun.org

Here are some useful resources

1. Read "Anatomy for Runners" by Jay Dicharry. On amazon
2. All of Dr. Phil Maffetone's books are gold (Training for Endurance, Big Book Health and Wellness, Big Book of Endurance Training and Racing)
3. spend some time on "Dr Marks Running School". Upper right side links w Chapters. Lots of drills we did , run form stuff, endurance, strength, glutes. Much of it in video. The "fun drills" tab has the dynamics (lunge matrix, sumo, world's greatest stretch) The "Healthy Fuel" has lots of link outs and books to read <http://tworiverstreads.com/>
4. US Air Force Efficient Running [training modules](#) . View these and watch and practice some of the stuff on the videos
(need Flash player and pop up blocker off)

I host 2 day courses for runners and medical professionals . Info can be found at www.healthyrunning.org . use code NRC50 for \$50 off . **local course June 9-10**

Here are a couple other relevant sites I manage on health and run training

[Natural Running Center](#)

[Nature Prescriptions](#) for healthy living

The two videos linked from this page are helpful, esp "Principles of Natural Running" w over 600k views

<http://tworiverstreads.com/natural-running-form/>

Are You Ready For Minimal assessments and corrections simplified w Jay and I

<https://www.youtube.com/watch?v=YtICeFOKjIs>

<http://www.runnersworld.com/barefoot-running/are-you-ready-to-go-minimal#>

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Here is Boston Marathon director Dave McGillvray video on fitness and health- watch it. Fitness does not mean healthy . this is from AMAA Boston 2014. Join us there this year

<https://www.youtube.com/watch?v=AUfK0A-FByA>

I really link this 3 part series on Plantar Fascia. Explains a lot of the footwear and anatomy. "Short Foot Posture" explained in a video on part 3

<http://www.somastruct.com/cause-of-plantar-fasciitis/>

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A Few things on KBs and Breathing. Did not get into this in the workshop but focusing on strength issues huge. Here are my 3 favorites. Diaphragm breathing powerful too.

KB swing

1. Franz Snideman - <http://www.youtube.com/watch?v=TNJMGZTmmvg>

Turkish Get Up

1. Part 1, Franz Snideman - <http://www.youtube.com/watch?v=FiBAUwDtE2k>
2. Part 2, Franz Snideman - <http://www.youtube.com/watch?v=hNCaTlMinbk>
3. Part 3, Franz Snideman - <http://www.youtube.com/watch?v=kL7KYgmi6W4>

Goblet Squat

1. Part 1, Franz Snideman - <http://www.youtube.com/watch?v=h6uwwdeK-tg>
2. Part 2, Franz Snideman - <http://www.youtube.com/watch?v=swP-YTtFeMg>
3. Part 3, Franz Snideman - <http://www.youtube.com/watch?v=qudU5NjLtRg>

Breathing patterns

1. Patrick ward/boddicker - <http://www.youtube.com/watch?v=CK1ZJbFbeyk>
2. Perry nickelston - http://www.youtube.com/watch?v=1e_YAdmxdIA

I like the short sequence for upper body position and you can do these anytime

#	Sets	Reps/Duration	E-Cise
1.	2	40	Standing Arm Circles
2.	1	25	Standing Elbow Curls
3.	1	0:01:00	Standing Overhead Extension

Foot Drills

6 Foot positions

https://www.youtube.com/watch?v=t_dzBeeGRR0

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Some stuff on opening up the hips

My friend Lawrence's hip sequence

<https://www.youtube.com/watch?v=yIFe7T8fpwk&feature=youtu.be>

watch several of the videos on his page. Lawrence gets it!

This is good too for hips and glutes. Try it. Dan John is the Master

http://www.dragondoors.com/gas_gluteal_amnesia_syndrome--and_how_to_fix_it_good/

A few other relevant things

"Healthy Eating with Dr. Mark Cucuzzella" Podcast- chatted with The Nation to help us understand the evolution of the American dietary guidelines.

<http://trailrunnation.com/2016/02/healthy-eating-with-dr-mark-cucuzzella/>

The magic spring of the human foot:

<http://www.runnersworld.com/running-form/how-your-arches-make-you-a-faster-runner>

The Secrets of Sugar- Must Watch:

<https://www.youtube.com/watch?v=MZUet6HXZuA&feature=youtu.be>

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Info on the motorless treadmill for gait retraining. After extensive literature review I think this is the next frontier. <http://www.samsarafitness.com/>

Listen to this podcast. Jeff explains it well

<http://runnersconnect.net/running-interviews/trueform-runner/>

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A little on racing strategy and "butter burning"

<http://www.dodlive.mil/index.php/2015/09/running-a-marathon-last-minute-tips-before-the-big-race/>

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Link to ACSM footwear guideline

<https://www.acsm.org/docs/brochures/running-shoes.pdf>

IRRM hydration guidelines

<http://www.amaasportsmed.org/Assets/American+Medical+Athletic+Assoc+Digital+Assets/Programs/OptimalHydration.pdf>

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For my [Sustainable Plan](#) posted after the Marine Corps Marathon 2014. This year finished 81st in 2:55 and was oldest finisher in top 100. So the experiment of 1 continues.

Keep sharing your love and knowledge of healthy living.

But remember lots of roads lead to Rome, treat the fire not the smoke, and if you are in health care light a candle in the darkness. Play and have fun. Write me if there is something specific I can help with.

We aim to improve so send us any feedback on the seminar.

Thanks for the warm invite and hope to see you all again sometime.

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Continuing Education Courses <http://www.healthyrunning.org/>

Store : <http://tworiverstreads.com/>

NRC Site: <http://naturalrunningcenter.com>

Event Series <http://www.freedomrun.org>

USAF site <http://efficientrunning.net/>

Nature Prescriptions <http://natureprescriptions.org/>

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