



Virtual Running Clinic Instructions

Introduction

[Off to a Running Start](#) free running clinics are designed to teach you how to step to the beat while enjoying an amazing running, walking, or run/walk workout. Stepping to a musical beat has many benefits and this clinic will ensure you can maximize all of them!

Once you can step to the beat, a whole new world of adventures awaits!

Prep

1. Bookmark this page <https://offtoarunningstart.com/clinic/> on your smartphone.
2. Grab some headphones.
3. Put on your running gear and head to your favorite running spot.

Instructions

Step 1: Warm Up

Start with the 22-minute warm-up walk session that teaches you how to step to the beat. During this session, you'll also learn why matching your steps to the beat is an important skill to acquire.

1. Click on **Warm-up Walk!** to launch the session from [this link](#), or the bookmarked Running Clinic page.
2. Listen to the audio coaching and follow along as you start your walk.
3. Walk to the beat for approximately a mile and a half (depending on how long your strides are) while you complete the 22-minute session.

Step 2: Complete Your Workout

Go to the [Running Clinic web page](#), choose a session, tap the button and go! Or, use the handy links below:



- ❑ [Walking All the Way](#)
- ❑ [Intro to Running session](#)
- ❑ [Running Cadence & Form](#)
- ❑ [The FUNdamentals of Running Training Program Session 1](#)

Step 3: Provide Feedback

After completing your workout, [click here to provide feedback](#) so we can make our workouts even better. Thanks, in advance, for completing this valuable step.

Note: When you fill out the feedback form you'll instantly receive a coupon for 10% off any membership to Off to a Running Start.

Step 4: Try Additional Workouts

Although the running clinic workouts will be available to you to retry as many times as you'd like, please consider becoming an Off to a Running Start member.

You can subscribe for just [\\$2.99 a month](#) or [\\$29.99 a year](#). Take 10% off either option by completing the [feedback form](#).

I hope you enjoyed participating in this virtual running clinic!

Keep running to the beat!

Jeanette (a.k.a. Jupiter Running Girl)