



## **PB Biomechanics Running Laboratory**

### ***Evaluate. Interpret. Action.***

A comprehensive 3D biomechanical running analysis solution – for anyone who wants to truly understand how they run and what this really means for their performance, regardless of ability or experience.

After nearly 20 years working in elite sport as an applied biomechanist across a number of Olympic, Paralympic and professional sporting environments, I now have the opportunity to host a running laboratory at The Bosworth Clinic in Cassington, near Oxford. The ability to encapsulate the methodologies, learnings and experiences from the elite landscape and create a standalone facility that is available and not just exclusive to the elite population remains the driving passion behind the creation of this running laboratory.

The primary objective is to dispel the many myths and misconceptions that seem to be present within the running community – notably that there is only one perfect way to run!

This simply is not true.

We all have our own running profile, which are specific and unique to each one of us but the scientific details that underpin how and why you run in a certain way are fundamental to allow sensible training decisions to be made with the aim of improving the performance or reducing the potential incidence of injury. Whilst not everyone can be an Olympic medallist or run a sub 2.10 hour marathon, it is my belief that everyone can get better!

### **If you don't measure it, you can't improve it.**

The overall assessment will involve a 90 minute comprehensive and immersive running experience, performed on a state of the art flat based treadmill, across a range of discrete individualised speeds.

A combination of real time objective data with a 3D marker less automatic tracking system, with a fully synchronised 6 high speed camera system allowing for a global 360 degree viewpoint (side / front / rear)

In conjunction with a detailed assessment and quantification of lower body strength diagnostics via bi-lateral instrumented force platforms, to identify the underpinning physical qualities and characteristics of the lower body.

**Cost: £399.00**