

athlete matters
sports physiotherapists 



Marathon Training Workshop

January 31st 2016

1pm – 5.30pm

Venue: SMSI clinic, 12 Gatley Road, Cheadle SK8 1PY

Call: 0161 637 3633 Email : info@smsiclinic.co.uk





Focus on preventing Injuries in your marathon build up

Activities led by Physiotherapists who specialise in Running Injuries

- Running Drills workshop, followed by a marathon specific training run
 - Injury prevention Core strength class
- Cost £15 + additional £25 for 30 minutes sports massage or athlete screening (optional)
- Payment in full at time of booking. Massage/athletic screening is limited to 16 places

Contact us for more details



Email info@smsiclinic.co.uk
or call us on 0161 637 3633 to reserve your place



Athlete Matters has been established 9 years, the team have a wealth of experience working with many athletes from Olympic champions to recreational runners. We work with GB athletics supporting endurance running camps and championship events. We can offer you this level of service at our clinics in Worsley, Cheadle and Preston. We are supporting ASICS Manchester marathon runners up to the start line and our team of masseurs will be there to help you at the finish on 10th April 2016

