

# World Runners United Offers Free Summer Series Webinar for Runners

*Sessions include Injury Prevention & Recovery, Improving Running Form & Technique, Master the Art of Effortless Running, Achieve your Personal Best & more*

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-- As the summer season approaches, many runners are gearing up for their training and races. However, with

increased physical activity comes the risk of injuries. To help runners stay healthy and perform at their best, World Runners United is excited to announce a free summer series webinar on Injury Prevention and Recovery, June 26th at 7pm EST. This webinar will cover important topics such as preventative techniques, optimal recovery practices, and nutrition and hydration.



World Runners United is pleased to offer our free series of webinars for the running community throughout the Summer that will enhance their performance”

*Spencer Kay, CEO*

The webinar will be led by professional running coaches with a combined over 100 years of experience working with athletes. The coaches will share valuable insights and practical tips on how runners can reduce the risk of injuries during workouts and daily routines. Participants will learn effective methods to strengthen their muscles, improve their form, and prevent common running injuries.

In addition, the webinar will also cover optimal recovery practices to help runners bounce back faster after a workout or injury. Coaches will share proven strategies to enhance recovery, promote faster healing, and sustain performance. This includes techniques such as foam rolling, stretching, and active recovery exercises. Runners of all levels will benefit from these recovery practices to improve their overall performance.

Lastly, the webinar will delve into the importance of nutrition and hydration for runners. Coaches will discuss the role of proper nutrition in preventing injuries and promoting recovery. Participants will learn about the best foods to eat before and after a run, as well as the



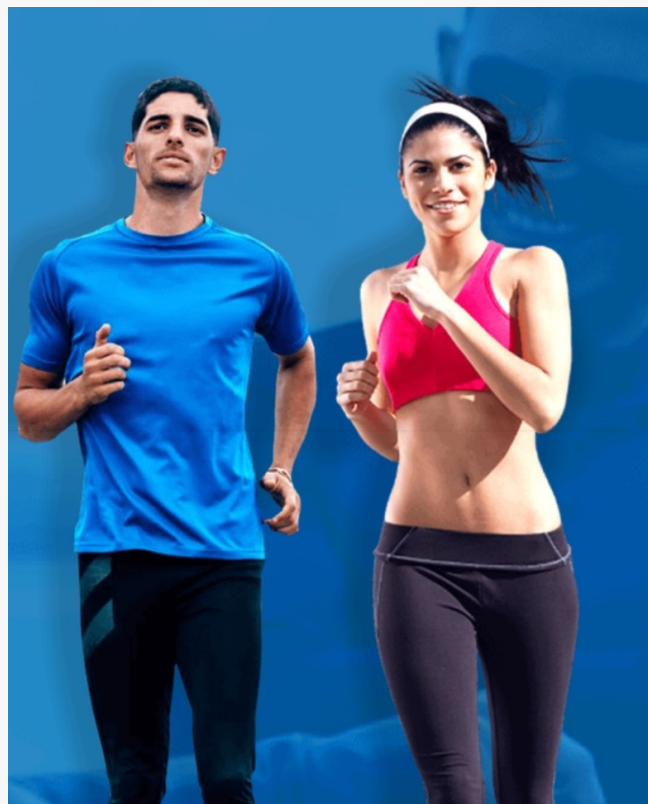
importance of staying hydrated. This information will help runners fuel their bodies for optimal performance and prevent common nutrition-related injuries.

The free summer series webinar on Injury Prevention and Recovery is a must-attend for all runners looking to stay healthy and perform at their best. The webinar will take place on June 26th at 7pm EST and is open to all runners, regardless of experience level. Registration is now open on our website [www.worldrunnersunited.com/virtual-training](http://www.worldrunnersunited.com/virtual-training). Don't miss this opportunity to learn from experts and take your running to the next level.

Future webinars will include these topics; Master the Art of Effortless Running and Efficiency, Achieve your Personal Best Step by Step, Proper Nutrition and Hydration-Fuel your Performance for Success, and Managing Setback, Disappointment and Failure.

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Avid runners join World Runners United

The graphic features a woman in a red sports bra and black shorts running on a blue and orange path. In the top left corner is the World Runners United logo, which includes a globe icon and the text "WORLD RUNNERS UNITED Empowering Runners Through Running". To the right of the logo, the text "RUNNER'S SUMMER FREE WEBINAR SERIES" is displayed in large, bold, blue and white letters. Below this, the date and time "26 JUNE 07 PM" are shown with calendar and clock icons. The main text "STAY STRONG, STAY HEALTHY, AND KEEP RUNNING SAFELY!" is in bold black letters. Below that, it says "Join the Run: Free Zoom Calls with World Runners United Injury Prevention and Recovery". A blue button with white text says "Register Now". At the bottom, the website URL "www.worldrunnersunited.com/virtual-training" is provided.

Runners Free Summer Webinar Series.

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