

Introduction to Frame Running – Webinar

Introduction to Frame Running – Day Workshop



CPISRA through their ERASMUS Runfree project have developed both a webinar and day workshop that provide Introduction to Frame Running.

The webinar is approximately 1 hour and provides an introductory overview to all aspects of Frame Running. CPISRA conducts webinars throughout the year.

For those seeking a more in depth and hands on introduction to Frame Running, Frame Running Scotland delivers a day workshop. The workshop is based on the CPISRA material and in addition includes activities and developments specific to Scotland. The workshop is designed to give participants knowledge of Frame Running (formerly RaceRunning), athlete training and running frames.

If you are interested in either the webinar or the day workshop please email Peter at info@rrscotland.org for more information.