

# CALA Workshop on Saturday, April 24, 2021

## Aqua Running (101)

Hosted on ZOOM  zoom

Earn 4 CALA CECs. Also accredited by canfitpro, OFC, AFLCA, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, CFES.

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)



### Description:

Calling all Marathon, Tri – Athletes, Coaches, Instructors and Trainers! Compare land and water-based running from a physiological point of view. Focus on biomechanics, technique and motivation cues that make water running a sensational experience. Examine three unique class designs to enhance lactic threshold, cardio endurance and VO2 max performance. Understand the science behind programming and heart rate training zones to provide peak training outcomes. Water running is an ideal way to get more mileage under your belt without injury. Happy running!

### Objectives

- 1) Learn and demonstrate the biomechanics and techniques of water running.
- 2) Enrich your leadership language with cues designed for coaching and safety.
- 3) Gain an understanding of lactic threshold, cardio endurance and VO2 max training and how heart rate zones provide peak performance.

**WHERE:** ZOOM Platform – online. More info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHO:** CALA Master Trainer – **Dylan T. Harries**

**WHEN:** Saturday, April 24, 2021 from 10:00am – 2:00pm DST (Ottawa, Ontario based ZOOM)

**COST:** CALA Member: \$95.00 + tax / Non-Member: \$115.00 + tax  
Regular Fees – Register after April 17, Add \$15 + tax.

### Please print or type

Name	_____		
Address	_____	Join CALA Now	<input type="checkbox"/> \$59 + tax
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

**PAY:** CALA accepts cheques to CALA Inc. 125 Lilian Dr., Toronto, ON., M1R 3W6 or E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**EXPRESS** registration 416-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form