

MARATHON TRAINING

HOW TO ACHIEVE YOUR PERSONAL BEST



TOPICS

- How to prepare for the New York City Marathon and other distance races
- Stages of an effective training program: when to increase volume and intensity
- Tips for peak performance
- Top five exercises to prevent running injuries

Tuesday, July 23

6:00–6:30 pm Registration
6:30–7:30 pm Presentation
7:30–7:45 pm Q&A

NYU Langone Orthopedic Center

333 East 38th Street
6th Floor Conference Room

Speakers (see reverse for speaker profile)

Heather Milton, MS, RCEP, CSCS

Exercise Physiologist Clinical Specialist
NYU Langone's Sports Performance Center

Bethany Ridenhour, PT, DPT, OCS, CSCS

Senior Physical Therapist
NYU Langone Orthopedic Center

RSVP: nyulangone.org/cmcevents

This program is free and open to the public. For questions, please contact John Salvatore at john.salvatore@nyulangone.org or jennifer.gallinaro@nyulangone.org

SPEAKERS

Heather Milton, MS, RCEP, CSCS, is an exercise physiologist clinical specialist at NYU Langone's Sports Performance Center, where she conducts physiological testing and trains a diverse clientele ranging from competitive athletes to those who wish to improve their overall health and fitness. Heather is a Registered Clinical Exercise Physiologist and a Certified Strength and Conditioning Specialist. Heather leads the popular strength and conditioning class for runners at NYU Langone's Running Lab.

Bethany Ridenhour, PT, DPT, OCS, CSCS, is a senior physical therapist at NYU Langone's Orthopedic Center where she provides treatment of orthopedic injuries in an active and athletic patient population. Bethany holds a Doctorate in Physical Therapy from New York University and is board-certified in orthopedic physical therapy by the American Board of Physical Therapy Specialties. She is a Certified Strength and Conditioning Specialist and is also a Certified Ironman Coach. A former collegiate basketball player, Bethany is an avid cyclist and triathlete, participating in multiple Sprint, Olympic, and Half Ironman distance triathlons, the NYC Marathon, and international cycling events. Bethany serves as a clinician at NYU Langone's Running Lab.

Please join us for the next two programs program in our series on marathon training:

Tuesday, September 10 **Prevent and Manage Injuries as Race Day Approaches**
Dennis Cardone, DO, and Gauri Dhamnaskar, PT, DPT, OCS

Tuesday, October 22 **Nutritional and Mental Preparation to Optimize Your Training and Race Day Performance**
Samantha Heller, MS, RD, CDE, CSSD, and Bonnie Marks, PsyD

For more on NYU Langone's Sports Performance Center, please visit:
nyulangone.org/sportsperformance

