

Born Barefoot, Born to Run

By Lee Saxby for Vivobarefoot

Born Barefoot, Born to Run is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn the scientific foundation of barefoot movement.

Barefoot Running explores:

- Running and heel strike injury
- Benefits of running vs other forms of exercise
- Defining natural movement
- The importance of movement
- Anatomy of the foot
- The evolution and function of foot ware
- The effect of foot ware on balance

Upon successful completion, course participants will:

- Be able to identify and correct poor running technique, posture and rhythm
- Understand the anatomy and function of the foot
- Have the knowledge to select functional foot ware
- Know how to coach the movement milestones to transition to bare foot movement injury free
- Be able to teach correct squatting, jumping, walking and running technique
- Have 4 simple steps to transition from padding running shoes to running barefoot

Course Presenter Bio

Lee Saxby is at the forefront of applied barefoot science. He has been coaching movement for 20 years and has spent the last 10 years coaching barefoot technique to help runners overcome injury and increase performance.

He is considered by many as one of the best in his field, and has been described as “The World’s Best Running Coach” by Christopher McDougall, Author of the international bestseller, *Born to Run*, and by Harvard Professor, Daniel Lieberman as “Exceptional”. The coaching drills he uses are based on a deep understanding of the biomechanics of movement and his extensive practical experience with athletes of all abilities from beginner to elite levels.

Lee recently authored the eBook *Proprioception: Making Sense of Barefoot Running* to create the definitive guide to injury free running and walking. He has also developed the VIVOBAREFOOT Coaching Programme to educate others on the science and application of natural movement.