

McKiernan gives workshop in radical running technique

RENOWNED Irish runner Catherina McKiernan was in Salthill recently, giving a workshop in ChiRunning, a cutting-edge approach to better running.

Catherina was invited to Galway by Sarah Thornton, one of Galway's leading Personal Trainers. Sarah had previously attended one of Catherina's workshops, and was inspired by Catherina and the ChiRunning programme, which enhances the joy of running, and makes running a safe and effective lifelong programme for health, fitness and well-being.

"I did the workshop in Dublin in July and immediately thought it would be great for my clients to do it too. I really like the way Catherina focuses on the enjoyment of running and getting the most out of it without injuring yourself. She has a lovely way of explaining



Sarah Thornton, Personal Trainer, international athlete Catherina McKiernan, and Keith Gildea, Manager of Ocean Fitness, were pictured at the Chi Running workshop in Galway.

this technique that is very inspiring. In the end, we had to add on another workshop because of demand from sports clubs and individual runners around Galway," Sarah explained.

The ChiRunning workshops were held in Ocean Fitness, Galway's new facility in the Salthill Hotel, where Sarah Thornton Personal Training will be available from January.