

KNOW HOW TO RUN?

Most people think that running is easy
and the simplest form of exercise.

ALL YOU HAVE TO DO IS "GO RUN," RIGHT?BUT THEN WHY IS IT SO HARD?

Just like CrossFit, running is a skill that requires intelligent training.
If done incorrectly, your running becomes inefficient, and you become more prone to injury.
However, if done correctly, your running becomes effortless!

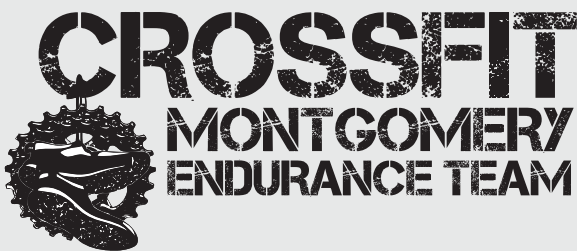


FEAR NOT FEARLESS ATHLETES, ANNOUNCING...

CROSSFIT ENDURANCE

Learn running technique and drills, and properly supplement your CrossFit WODs.

Have you ever wanted to register for a 5K, 10K, half marathon, full marathon,
adventure race, or Ironman, but were too scared you couldn't make the distance?



The CrossFit Montgomery Endurance Team
will take your running to the next level.
Ask us about joining our endurance team.