



Fairmont State University's
Exercise Science, Fitness & Wellness Graduate Program

Cordially invites you to a public lecture on

Resistance Training for the Endurance Athlete
A practical approach for distance runners

by Michael J. Ryan, Ph.D.

Tuesday, February 11th, 7:00-9:00 pm
Fairmont State University's Main Campus
Room 320 in the Education Building

Evidence suggests that competitive distance runners may benefit from supplemental resistance training. Some of those benefits include improved muscular strength and power, increased muscular endurance in non-running muscles, balance opposing muscle groups, reduce injuries, and improving running performance. This lecture is designed to review the scientific evidence and help the coach design a practical resistance training plan for distance runners.

About Michael Ryan:

Dr. Ryan is an Assistant Professor of Exercise Science at Fairmont State University who holds his M.Ed. from Auburn University and Ph.D. from WVU Medical School. He is a former WVU Cross Country /Track athlete and has also worked on the Cross Country/Track & Field Coaching Staffs at Auburn University, WVU and George Mason University. He is currently the Head Boys & Girls Cross Country / Asst. Track & Field Coach at Morgantown High School.

To find out more information and to RSVP, please contact;
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