

OU Sports Medicine Lecture Series, 2010

Family Medicine Center Room 3068 / 1111 South St Louis Ave, Tulsa, OK 74120

A series of **FREE** monthly presentations for Physicians, Physical Therapists, Coaches, Teachers and Athletes looking for evidenced based ways to improve Human Performance. We invite you to attend and contribute to the discussion on Running and Sports Medicine. Please call: Eilene on: **918 619-4701** for any additional information.

Thursday April 29th - 12:00pm-1:00pm
Smart Training for a Triathlon
Maximizing Performance



Thursday May 27th - 12:00pm-1:00pm
Endurance Training Heat and Hydration
What to do, what not to do!



Thursday June 17th - 12:00pm-1:00pm
Sports Psychology
Improving Your Mental Game



The University of Oklahoma Family Medicine Clinic is located on the southeast corner of 11th and St. Louis. Free parking is available at the front entrance of the Clinic. Take the elevators to the 3rd Floor (Administration Room 3068)

VO2 Max / Lactate Threshold / Running Economy
Performance Treadmill Evaluation at OU-Tulsa's Human Performance Lab
Find your zones Call David Brennan, 918 618-4763 for more information