PELD Session 1, 14th March 2023 Video 1

**Video:** <https://youtu.be/0mZ3TrcXxpc>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/e1afb873-e0a7-4986-a552-ef57a2a28454/1/>

PELD Session 2, 4th March 2023 Video 2

**Video:** <https://youtu.be/TFjuEO65oZY>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/14549387-1ce2-48e8-81fe-54a4b1fbfc1b/1/>

PELD Session 3, 4th March 2023 Video 3

**Video:** <https://youtu.be/qbrtz7RZ908>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/b0b0c447-3a17-4b70-91f0-918539097663/1/>

PELD Session 4, 4th March 2023 Video 4

**Video:** <https://youtu.be/dOizyZDgoOw>

Part 1

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/670d9c87-1f29-4931-abbb-1c5fa4ecae6b/1/>

Part 2

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/2a191a3e-ca8d-4bd1-a13a-a152009ca3cb/1/>

PELD Session 5, 4th March 2023 Video 5

**Video:** <https://youtu.be/DsCGKQKCejM>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/65b03175-bbf6-475e-8965-19927ea283e1/1/>

**PELD Session 6, 4th March 2023 Video 6**

**Video:** <https://youtu.be/RitgjDVpo3w>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/b652298f-57ca-4997-a023-e17cd7378b34/1/>

PELD Session 7, 4th March 2023 Video 7

**Video:** <https://youtu.be/kphWt7XGYNQ>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/fb9cd331-6c48-4f69-a1a8-8b98e28cccca/1/>

PELD Session 8, 4th March 2023 Video 8

**Video:** <https://youtu.be/mKg49UEGWRw>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/df57c3a5-73ef-4776-a1a0-1ad2a8b4b71f/1/>

PELD Session 9, 4th March 2023 Video 9

**Video:** <https://youtu.be/VecwF9HYveQ>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/e854736c-afe4-4b1f-844e-a12baeb77c69/1/>

PELD Session 10, 4th March 2023 Video 10

**Video:** <https://youtu.be/UNLSZmRvfcQ>

**PowerPoint:** <https://portal.clubrunner.ca/50081/Documents/en-au/9b47d7f9-8d87-4465-b12f-e6d5284ef145/1/>