

LACE TO RACE

Beginner and Intermediate Running Program

At Train Yard Gym & Fitness
www.trainyardgym.com

Train to run your first 5K or get a faster time!

This program is for you if you're aiming to run your first 5K (even if you're starting as a couch potato!) or trying to get faster and run a PR.

- Beginners will follow a plan of walk/run intervals that will slowly build up to more running and less walking until you can run 3.1 miles straight!
- Participants who can already run 3 miles will train with speed workouts to get faster.
- We'll all meet and train at the same time, but with separate workouts...because the energy created by the group will make each one of you perform better than you would alone!

Dates and locations:

March 3rd – April 22nd, 2018

Saturdays 9:00 am – 10:00 am

Tuesdays 6:00 pm – 7:00 pm

The first several runs will begin at Train Yard Gym & Fitness, 1079 2nd St, Enola. Future runs may take place at alternate locations in the local area.

What you'll get:

- Two group runs per week and a plan for a third running day
- Nutrition tips on how to fuel for running
- Instruction on strength training exercises to improve your running and help prevent injury
- Training on proper warm up and cool down techniques including dynamic and static stretching (and the proper time to use each type!) and foam rolling

We plan to "graduate" at the DMP Dash 5K on April 22nd, 2018. You can get all the race details at dmpraces.org. But if that date doesn't work for you, don't worry! We will make sure to find you a different race and come cheer you on!

Program Cost: \$49

Questions? Feel free to contact me!

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Go to www.trainyardgym.com to register.

Deadline to sign up: Thursday, March 1st, 2018