

Training Programs

Fleet Feet offers a variety of training programs throughout the year for all levels – from people who want to start running to those who want to take their running to the new level. All of our programs are intended to be non-competitive, fun and educational, and focus on helping individuals meet their goals. All programs are designed by Jeanne Snell, RRCA certified distance training coach with support from experienced runners and coaches. Questions about any of the programs listed should be directed to Jeanne at jeanne@fleetfeettucson.com. Thanks for your interest!

Each program includes:

- Daily training plan for duration of the program*.
- Experienced coaching.
- Technical team shirt.
- Support and guidance at each group run.
- Goal race entry included in fee (not included in half and marathon programs)**.
- Meeting new friends and having some fun.

Join the Best Training Programs in Tucson
Group Track Workouts Whether you are training for a specific race or just want to improve your overall running fitness, workouts on the track can make you a stronger, faster and more efficient runner. For the first time, Fleet Feet is offering weekly track workouts on Tuesday evenings from 6-7:30pm at Rincon High School. Experienced coaches and award winning distance runners Alison Meadow and Antonio Robles will lead a weekly group track workout that is designed to compliment your current training program. The Track Workout Program is designed as a 12-week session that will help you hone your pace, increase your speed, build strength and endurance and have fun. The group will only meet once a week and is not designed as a comprehensive training program but as a compliment to your current running schedule. This program is right for you if you:

- Currently run 4-5 miles, a few times a week
- Want to get faster, stronger and/or more efficient
- Need a group to help motivate you to do track work
- Have or don't have experience running track workouts

To register, stop by Fleet Feet and fill out the registration form and questionnaire and pay your fee to hold a spot in the group. We will limit the number of participants, so sign up now. Contact Jeanne Snell at 886-7800 or Jeanne@fleetfeettucson.com with any questions.

Basic Running Programs (101 and 201) Fleet Feet's Basic Running Programs are designed for people of all ages and fitness levels who want to gradually ease into running. Our programs incorporate a run/walk technique to allow the body to adapt to new levels of running. The atmosphere is supportive, non-competitive and fun.

The Running 101 Program is designed to help you get started running and keep going, show you how to run without feeling out of breath and hurting all over, and how to run safely and efficiently. The goal race for this program is a 5K (3.1 miles). Running 101 is right for you if you: can walk at a brisk pace comfortably for 30 minutes, a few times a week; are pain-free from injury for at least three months; have not been running in the last two months; would like to be able to run/walk three miles; and, want to meet some great people and laugh a lot.

The Running 201 Program is for folks who are currently running 2-3 miles and would like to be able to build to 6-7 miles. The "goal" race for this program is a 10K (6.2 miles). The key to building mileage and endurance is to do it gradually, allowing your body to adapt to new levels of impact. Running 201 is right for you if you: are pain-free from injury for at least three months; can run for 30 minutes (sustained or 30 minutes of running between walk breaks); would like to be able to run/walk six miles by May 3; and want to meet some great people and laugh a lot. These programs will fill up quickly, so don't wait. Come to Fleet Feet to complete registration and personal inventory forms and to pay the program fee to hold your spot. Contact Jeanne at 886-7800 or Jeanne@fleetfeettucson.com with any questions.

Fleet Feet Spring Distance Training Program

The Fleet Feet Spring Distance Training Program is designed to help you train for the Arizona Distance Classic Valley of Gold Half Marathon in March 2010. Starting in mid-December this 16-week program is designed to help you gradually increase your distance while learning about all aspects of distance training. Runners are encouraged to join even if you are training for a different Spring half marathon, a shorter race or no race at all (just want to learn about running and want a group to run with). You are ready to join this program if you are able to run or run/walk 3-4 miles, a minimum of three days a week, and have been injury free for 3-4 months.

The Fleet Feet Distance Training Program includes:

- A detailed, daily training schedule developed by an experienced, RRCA certified distance coach.
 - Coached group training twice per week (Wed. 6 pm & Sat. 6 a.m.). All routes and workouts planned for you.
 - Technical training shirt.
 - Support for longer runs .
 - Educational seminars & clinics, such as stretching, hydration and nutrition, pre-race preparation, and more! Chance to meet great people and have lots of fun!!! Please direct questions to Jeanne at 886-7800 or Jeanne@fleetfeettucson.com.
- Future Programs:
Sweathogs: April 16 - July 10
Trail Running: Feb - April (Catalina State Park trail run)

