

Distance Training

Fleet Feet Distance Training Program Kicks Off July 24 Fleet Feet Tucson once again is offering a Fall Distance Training Program to prepare runners for the Everyone Runs Half Marathon on November 14, 2010. Runners are encouraged to join even if you don't want to run a race. The first group run is Saturday, July 24 at 6 a.m. from Fleet Feet. The Distance Training Program includes:

- A detailed, daily training schedule developed by experienced, certified coaches
- Coached group training twice per week (Wednesday 6 pm & Saturday 6 am). 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 lots of great people and have lots of fun!!! This is the right training program for you if you:
- Are running or run/walking for at least 3-4 miles three times a week
- Have been pain-free of any injury for four to six months
- Enjoy meeting new people and learning new ways to get the most out of your running experience
- Have never run a half marathon before and would like to get faster
- Need a goal and/or group of people to count on to get/keep you motivated
- Hope to run a marathon one day, but need some coaching to learn how to train for a distance even

Distance Training Program Details:

- Start: Saturday, July 24, for first Group Run, 6 a.m. @ Fleet Feet
 - Meets: Saturday Mornings @ 6 a.m. starting from different locations and every Wednesday @ 6 p.m. usually at Sahuaro High School
 - Optional Goal Race: November 14, 2010, Everyone Runs Half Marathon
 - Prerequisite: Running or run/walking at least 3-4 miles a few times a week
 - Cost: \$100 (16-week daily training plan, tech shirt, educational clinics, experienced coaches, etc. Does not include race entry.)
- Phoenix Rock & Roll Half Marathon Training Group Added to Lineup Fleet Feet is pleased to announce that it is adding a new Fall Distance Training Program in support of the January 2011 Rock & Roll Half Marathon. This group will begin in October and share workout days and locations with our other distance group. More details to come in Fleet Feet's next newsletter. Space is limited so register today! Print out the registration and personal inventory forms below and/or stop by Fleet Feet to pay your program fee to secure your spot. Please send questions to Jeanne at jeanne@fleetfeettucson.com or call (520) 886-7800. Registration Form Personal Inventory Form