



2011
Group Training Team
12-Weeks to a Half Marathon
Sign-Ups Begin: Monday, July 4th
Training Begins Week of July 25th

Cost:\$60

What does that include?

- Training Schedule*
- T-Shirt
- Saturday Morning GROUP Training Runs
(water, gatorade and fuel provided)
- Bi-Weekly classes-training specific
(nutrition, yoga, sculpt)
- New speed and hill trainings!
- Coach & Team support and encouragement

Once you sign up and pay, you'll get a calendar of classes & times, as well as, your training. We will offer 2-different trainings; one for new-comers and another for returning runners.

Workshops begin the week of July 25th.

