

BEGINNING RUNNERS “EVENING” TRAINING PROGRAM – SPRING 2012

PRESENTED BY
SALISBURY ROWAN RUNNERS
IN CONJUNCTION WITH
SALISBURY PARKS AND RECREATION



Thinking about taking up running but don't know how to get started? Running is actually easy when you know how. Come learn from seasoned runners and go from 0 to 5K in just eight weeks.

Purpose: To provide training and coaching for new runners.

WHERE: Rowan Regional Medical Center
(Must park in parking deck)

WHEN: Thursdays, 6:00 p.m.
March 15 – May 3, 2012

HOW: 30 minutes of classroom instruction followed by 30 minutes on the streets around Rowan Regional

COST: \$60 (includes one-year membership in Salisbury Rowan Runners, club t-shirt and entry fee for one SRR 5K race.)

Class Room Agenda:

Week 1 - Overview and Goals

Week 2 - Running Shoes

Week 3 - Stretching & Strengthening

Week 4 - Running Form

Week 5 - Injury Prevention

Week 6 - Nutrition

Week 7 - Safety

*Week 8 - Race Day and Beyond
(run Greenway 5k Course)*