

BEGINNING RUNNERS TRAINING PROGRAM – FALL 2015

PRESENTED BY
SALISBURY ROWAN RUNNERS
IN CONJUNCTION WITH:
**NOVANT HEALTH ROWAN MEDICAL CENTER &
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: *Novant Health Rowan Medical Center (Must park in parking deck & Enter in Main Lobby)*

WHEN: *Tuesdays, 6:00 p.m.
September 8 – October 27, 2015*

HOW: *30 minutes of classroom instruction followed by 30 minutes on the streets around Novant Health Rowan Medical*

COST: *\$65 (includes one-year membership in Salisbury Rowan Runners, dry-fit training shirt and entry fee for one SRR 5K*

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 5k Course*



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WWW.SALISBURYNC.GOV/PKREC
WWW.ULEARN2RUN.COM
WWW.ROWAN.ORG

"Before taking your class last spring I never imagined I would be logging an average of 12 miles per week and getting started before the sun is even up. That first ½ mile on the first night of class was tough! I am not the fastest nor am I running the farthest of those in the group but every time I run I feel a sense of accomplishment and that is what is most important to me. Thanks for the encouragement!"

Shannon McCoy
(Spring Class 2013)