



2012 SPRING

Half Marathon, 10k and 5k Training Program Mondays @ 5:30pm and Tuesdays @ 10am

What are your goals for 2012? Do you want to complete 13.1 miles of a half marathon? Or is the 10k (6.2) or 5k (3.1) miles more of your range? This group will be training for the Rite Aid Half, 10k and 5k taking place May 19 & 20, 2012.

You are responsible for registering and paying for your event.

Half marathon runners are expected to be able to cover 3 miles at the start, 10k & 5k - 1 mile, prior to the training program. Need help getting to 1 to 3 miles? Let us know!

This program meets on Monday nights or Tuesday mornings. Because of the personalized nature of this program, beginners and veterans alike can benefit.

TRAINING PACKAGE BONUSES:

- Fitness testing to measure your level of conditioning
- Personalized training and coaching by Achilles Staff
- Make new friends in the running community
- Tech running shirt, hat or gloves
- Achilles store discounts
- Expert speakers in the areas of health and fitness
- Drills and exercises
- Plenty of support and fun!

Training for the Rite Aid
Half Marathon, 10k or 5k

\$85

2012 SPRING TRAINING PROGRAMS ENTRY FORM

Please circle the program you want to join and give to Achilles or bring with you Monday, February 20 or Tuesday, February 21, 2012

Please circle one: Half Marathon 10k 5k

Name _____ E-mail _____

Phone _____

Age _____ Sex _____

Call Kate Pophal at (216)577-1091 for more information