



BEGINNING RUNNERS TRAINING PROGRAM – YOUTH 2017

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



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: Knox Middle School Track –
1625 Park Road West – Salisbury NC

WHEN: Tuesdays, 6:00 p.m.
May 23 – July 11, 2017

- **NO CLASS ON JULY 4**

HOW: 30 minutes of classroom instruction followed by 30 minutes of running

COST: FREE (includes training and entry fee to the Greenway 5K race on July 15)

- Please wear comfortable running clothes and bring a water bottle

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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