

BEGINNING RUNNERS TRAINING PROGRAM – SPRING 2018

**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.
March 13 – May 1, 2018*

HOW: *30 minutes of classroom instruction followed by 30-45 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 race.)*

Class Room Agenda:

Week 1 - Overview and Goals

Week 2 - Running Shoes

Week 3 - Stretching & Strengthening

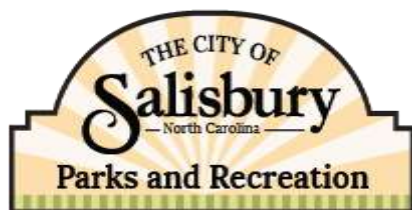
Week 4 - Running Form

Week 5 - Injury Prevention

Week 6 - Nutrition

Week 7 - Safety

*Week 8 - Race Day and Beyond
& run 5k Course*



CONTACT:

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WWW.SALISBURYROWANRUNNERS.ORG

WWW.SALISBURYNC.GOV/PKREC

WWW.ULEARN2RUN.COM

WWW.ROWAN.ORG

"Taking the BRC literally changed my life! I never ran, hardly exercised, and was not very motivated to be healthy. This class was exactly what I needed. The group runs were challenging enough to keep me interested while still being encouraging enough to keep me motivated. The most enjoyable part was the way all the runners, whether experienced or beginners, inspired each other to be their personal best! I am truly thankful for the BRC class for kick starting my newest and most favorite hobby, and for setting me on a path towards a healthier and more fit me."

Brooke Taylor (Fall Class 2016)