

# BEGINNING RUNNERS TRAINING PROGRAM – FALL 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.

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**WHERE:** Salisbury Civic Center:  
315 S. Martin Luther King Jr. Ave.

**WHEN:** Thursdays, 6:00 p.m.  
September 6 – October 25, 2018

**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 race.)

**Class Room Agenda:**

*Week 1 - Overview and Goals*

*Week 2 - Running Shoes*

*Week 3 - Stretching & Strengthening*

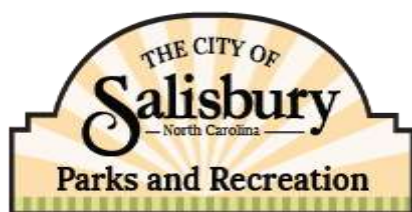
*Week 4 - Running Form*

*Week 5 - Injury Prevention*

*Week 6 - Nutrition*

*Week 7 - Safety*

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



**CONTACT:**

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OR

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[WWW.SALISBURYROWANRUNNERS.ORG](http://WWW.SALISBURYROWANRUNNERS.ORG)

[WWW.SALISBURYNC.GOV/PKREC](http://WWW.SALISBURYNC.GOV/PKREC)

[WWW.ULEARN2RUN.COM](http://WWW.ULEARN2RUN.COM)

[WWW.ROWAN.ORG](http://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)