

# BEGINNING RUNNERS TRAINING PROGRAM

## \*FALL 2019\*

Presented by: Salisbury Rowan Runners

In conjunction with Novant Health Rowan Medical Center, Salisbury Parks and Recreation & Salisbury PD

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:** Salisbury Police Department:  
130 E. Liberty Street, Salisbury, NC 28144

**WHEN:** Thursdays, 6:00 p.m.  
September 5 - October 24, 2019

**HOW:** 30 minutes of classroom instruction followed by 30 minutes on the streets around Downtown Salisbury

**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:

David Freeze - 704-310-6741 or  
Steve Clark - 704-638-5286

[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)

