

Evening Beginners Running Training Program

Spring 2020

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: Tuesdays, 6:00 p.m.
March 17 - May 5, 2020

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:

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www.salisburyrowanrunners.org

www.salisburync.gov/pkrec

www.Ulearn2run.com

www.rowan.org

