

# FALL 2023

## Beginners Running Training Program

Come learn from seasoned runners and go from 0 to 5K in just eight weeks.

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

**WHEN:** Thursdays, 6:00 pm | September 7 - October 26, 2023

**COST:** \$65 (includes one-year membership in Salisbury Rowan Runners, dry-fit shirt & entry fee for one SRR 5K race.)

### CLASS ROOM AGENDA:

WEEK 1: Overview and Goals | WEEK 2: Running Shoes

WEEK 3: Stretching and Strengthening | WEEK 4: Running Form

WEEK 5: Injury Prevention | WEEK 6: Nutrition

WEEK 7: Safety | WEEK 8: Race Day and Beyond and Run 5K Course

### CONTACTS:

David Freeze 704-310-6741 | 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.novanthhealth.org](http://www.novanthhealth.org)

