

Evening Beginners

RUNNING TRAINING PROGRAM-SPRING 2024

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

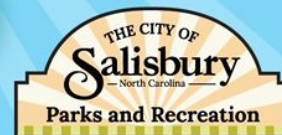
When: Tuesdays, 6:00 pm March 12 - April 30, 2024

Cost: \$65 (includes one-year membership in Salisbury Rowan Runners, dry-fit training 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

Register at: www.salisburyrowanrunners.org



CONTACTS:

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www.salisburyrowanrunners.org | www.salisburync.gov/pkrec | www.Ulearn2run.com | www.novanthealth.org