



JH 16-WEEK MARATHON TRAINING PROGRAM

RUN LESS RUN FASTER

Starting June 7th
Ending September 23rd
\$500

Coaches

Scott "Smitty" Smith & Rob Macal
Offering over 50 years combined running experience

Philosophy

By bringing the best running science, methodology and techniques – runners will run pain free, faster and love doing it. Great attention will be given to running form and three high quality runs per week...and of course FUN! Keeping runners healthy and injury free is our primary focus.

Program Includes

- Personal Consultation - determine runners' programs, goals, fitness, motivations, nutrition, history, etc.
- 16 Week Running Schedule - schedule is based on your current 5k time, focusing on three quality runs, 2 cross-training workouts and core strengthening
- Weekly Speed Training - track repeats
- ChiRunning Workshop
- Active Isolation Flexibility Workshop
- Access to Coaches - internet and phone access to the coaches
- One to One Wellness Access - limited and scheduled access to the One to One Wellness facility
- *Run Less, Run Faster* - book included

Program Emphasis

Focus on running form, strength and flexibility to reduce unwanted injuries and improve performance. This more balanced runner will run three high quality workouts and incorporate two non-running cross training workouts per week.

Contact Information

One to One Wellness: 734-2808
Smitty@121wellness.com / Rob@electricendurance.com