

Summer Full Marathon Training

The program will be approximately 14 weeks long and helps you prepare for a Fall Full Marathon; specifically the Rochester Full Marathon on Sunday, September 21st 2014.

There are 2 versions of the Program:

- **Beginner Marathon:** For the person who has never run a full marathon but has run half marathons
- **Advanced Marathon:** for the person who has done a full marathon and wants to improve performance and speed

Current fitness level for beginner or advanced full marathon: recent graduate of the half marathon training program or has a current weekly mileage of 20-25 miles is recommend before entering any of the above marathon training programs.

Commitment: 14 weeks, sessions are offered in the spring, summer and fall

Coached Workouts occur:

Tuesday 6AM workout at Fleet Feet Sports Armory

Thursday 6PM tempo speed workout alternating between Ridgeway and Armory Fleet Feet Sports Locations

Saturday 7:00AM long run at various locations in Rochester

This program will include:

- Detailed weekly/daily training plan
- Online training tool *workoutlog* to record your training and to allow feedback from coaches
- Unlimited email access to coaches and pace leaders
- Weekly motivational and educational emails
- A fun social atmosphere, instant friends and great camaraderie
- Online training group support via Facebook – this has proven to be motivating and helpful in maintaining your program
- Weekly coached tempo/speed workouts (headlamps and reflective gear required if dark out and all participants must carry water)
- Weekly supported paced group long runs
- **First Training Paced Long Run – Saturday, June 14th at 7AM location TBD**
- **Kickoff Tempo workout/orientation – Thursday, June 12th at 6PM at Fleet Feet Ridgeway.** Here we will do a baseline workout to gauge what pace group you should be in. After we will review initial info about the program including, what to expect, gear, footwear, training habits, etc.
- Coupons
- Custom training program technical shirt
- After program graduation celebration
- long run water refill stations (don't forget a water bottle)

Learn more by attending a FREE informational session:

May 14th at 6:00pm Fleet Feet Sports Culver Road Armory

May 22nd at 7:00pm at Fleet Feet Sports Ridgeway

May 27th at 7:00pm at Fleet Feet Sports Ridgeway

June 10th at 7:15pm at Fleet Feet Sports Culver Road Armory

How to register: online; visit www.fleetfeetrochester/training/distance-training

Cost: The program fee is \$150.00 until Sunday, June 8th 2014. On Monday, June 9th 2014 the fee increases to \$165.00. No refunds after Saturday, June 28th 2014. Upon all refund requests a \$20.00 administration fee will be deducted. For questions please contact Kate at kate.brett@fleetfeetrochester.com

Summer Half Marathon Training

The program will be approximately 14 weeks long and helps you prepare for a Fall Half Marathon; specifically the Rochester Half Marathon on Sunday, September 21st 2014.

There are 2 versions of the Program:

- **Beginner Marathon:** For the person who has never run a full marathon but has run half marathons
- **Advanced Marathon:** for the person who has done a full marathon and wants to improve performance and speed

Current fitness level beginner or advanced half marathon: recent graduate of the No Boundaries 3pt0 program or has a current weekly mileage as low as 10-15 miles is recommended before entering the half training programs.

Commitment: 14 weeks, sessions are offered in the spring, summer and fall

Coached Workouts occur:

Tuesday 6:00AM workout at Fleet Feet Sports Armory

Thursday 6:00PM tempo speed workout alternating between Ridgeway and Armory Fleet Feet Sports Locations

Saturday 7:00AM long run at various locations in Rochester

This program will include:

- Detailed weekly/daily training plan
- Online training tool *workoutlog* to record your training and to allow feedback from coaches
- Unlimited email access to coaches and pace leaders
- Weekly motivational and educational emails
- A fun social atmosphere, instant friends and great camaraderie
- Online training group support via Facebook – this has proven to be motivating and helpful in maintaining your program
- Weekly coached tempo/speed workouts (headlamps and reflective gear required if dark out and all participants must carry water)
- Weekly supported paced group long runs
- **First Training Paced Long Run – Saturday, June 14th at 7AM location TBD**
- **Kickoff Tempo workout/orientation – Thursday, June 12th at 6PM at Fleet Feet Ridgeway.** Here we will do a baseline workout to gauge what pace group you should be in. After we will review initial info about the program including, what to expect, gear, footwear, training habits, etc.
- Coupons
- Custom training program technical shirt
- After program graduation celebration
- long run water refill stations (don't forget a water bottle)

Learn more by attending a FREE informational session:

May 14th at 6:00pm Fleet Feet Sports Culver Road Armory

May 22nd at 7:00pm at Fleet Feet Sports Ridgeway

May 27th at 7:00pm at Fleet Feet Sports Ridgeway

June 10th at 7:15pm at Fleet Feet Sports Culver Road Armory

How to register: online; visit www.fleetfeetrochester/training/distance-training

Cost: The program fee is \$150.00 until Sunday, June 8th 2014. On Monday, June 9th 2014 the fee increases to \$165.00. No refunds after Saturday, June 28st 2014. Upon all refund requests a \$20.00 administration fee will be deducted. For questions please contact Kate at kate.brett@fleetfeetrochester.com (race fee not included in registration fee)