

## Training Programs

One of the most powerful tools in living a FIT lifestyle is setting healthy goals and working toward them. Once again FLEET FEET is happy to help you meet your training goals all year long!

FLEET FEET will once again be offering RUN FIT Training Programs for those interested in running the Rock 'n' Roll DC Half-Marathon in March, or the Baltimore Half-Marathon or Marine Corps Marathon in October.

We're encouraging everyone to not only get yourself to one of our programs but to BYOB--bring your own buddy! Like most things in life, running is more fun and meaningful when you do it with a friend. Having a support system is crucial to success and we encourage you to keep this in mind as you pursue your training goals in 2016!

\*Scroll down this page for specific program details...

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 The RUN FIT Summer/Fall 2017 Half-Marathon Training Program is a 16 week running program for beginner half-marathoners looking to continue training from a 10K to 10 mile level, as well as for experienced half-marathoners looking to strengthen their skills. This program provides a slow, steady progression and should be achievable for anyone who is currently able to run/walk continuously for 4-5 miles comfortably (under 13:30 min/mile).

This program offers all participants:

- A complete 16 week training schedule
  - Up to 3 group training sessions per week
  - Weekly e-mail support
  - Group social events
  - A moisture wicking Program T-shirt
  - 10% discount from FLEET FEET Sports!
- Runners will meet Saturday mornings @7am at FLEET FEET Sports, Adams Morgan for group long runs, plus have the option to participate in coached group track or hill workouts @7pm on Tuesdays, as well as group "tempo" runs @7pm on Thursdays. The first group workout will be @7am on Saturday, July 8th. Program fee: \$180 Race entry is separate. Register NOW!

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 The RUN FIT Summer/Fall 2017 Marathon Training Program is an 16 week running program for beginner marathoners looking to continue training from a 10K to half-marathon level, as well as for experienced marathoners looking to strengthen their skills. This program provides a slow, steady progression and should be achievable for anyone who is currently able to run/walk continuously for 5-6 miles at a conversational pace (under 13:30 min/mile).

This program offers all participants:

- A complete 16 week training schedule
  - Up to 3 group training sessions per week
  - Weekly e-mail support
  - Group social events including happy hours and a pre-race pasta dinner
  - A moisture wicking commemorative program T-shirt
  - 10% discount from FLEET FEET Sports!
- Runners will meet Saturday mornings @7am at FLEET FEET Sports, Adams Morgan for group long runs, plus have the option to participate in coached group track or hill workouts @7pm on Tuesdays, as well as group "tempo" runs @7pm on Thursdays. The first group workout will be @7am on Saturday, July 8th. An informational meeting will be held @11am on Sunday, July 2 at FLEET FEET Sports, Adams Morgan in order to review program details and answer any questions you might have about RUN FIT Marathon Training. Program fee: \$180 Race entry is separate. Register NOW!