

BEYOND MARATHONING TRAINING CLASS 2010



CLASS OVERVIEW

So, What is this class all about?

1. **A Personalized Training Plan.** This is what set our training class apart. We want to help you reach your personal goal. Whether it is to finish, or to set a personal record., we will tailor a program to you. How many days should your run per week? How far? What pace? Your plan will be customized to meet your needs.
2. **Running Buddies.** We offer several opportunities per week for you to participate in group runs. Long runs will take place on Saturday mornings, with weekday group opportunities on Tuesdays and Thursdays. Running in a group helps keep you accountable, motivated, and it's better than talking to yourself!
3. **Special Events.** We pepper our training class with special events, including our "Ask the Expert Series" - when we bring in a nutritionist, an exercise physiologist, a yoga instructor, and a gear expert to help you with your training.



4. **Communication.** We want to be in touch throughout your training. Emails, blogs, and access to our Beyond Running Community page on the web will help you network with other runners.

5. **Personal Touches.** Hey, we know training for a marathon is a big deal. So don't be surprised if you find some special touches along the way. We don't want to ruin the surprise... but we think you'll have a lot of fun!

