



Group Class

EPIC Half Marathon Training Program

The Epic Half Marathon Training Program is a 16-week, beginner program, designed to help you train safely, and effectively while having fun along the way. Classes include discussions on nutrition, hydration, recovery, and injury prevention. This program is ideal for those new to distance running. Participants should be able to comfortably run 2 miles prior to starting the program.

Our expert team includes a registered dietitian and personal trainer, with guest appearances for a mental performance specialist and a running expert from Runaway Shoes.

Class details (16 sessions)

Dates: Tuesdays, January 27 - May 12
Time: 5:00 p.m. - 6:15 p.m.
Place: Aurora BayCare Sports Medicine
1160 Kepler Dr, Green Bay
Cost: \$390.00

Session details

5:00-5:30 Nutrition & Running Education
5:30-6:15 Personal Training

To register go to: www.aurorabaycare.com/classes-events Keyword: EPIC

For more information, call 920-288-5491.



Aurora BayCare Sports Medicine

aurorabaycare.com/services/sports-medicine