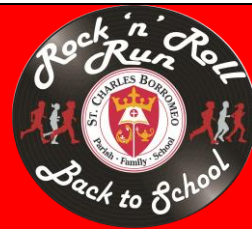


# FREE Training Program

## 2015 Rock 'n' Roll Run Back to School



(Training starts week of July 6<sup>th</sup> and all are welcome)

**Interested in running your first 5K or looking to improve your 5K time?** We're offering FREE training, coaching, and group run opportunities for our Rock 'n' Roll Run Back to School 5K, taking place at St. Charles Borromeo on Monday, Sept. 7<sup>th</sup>, 2015 at 9AM. Find more details on the race at <http://RunBackToSchool.com>

Sign up for the training program at <http://RunBackToSchool.com/training> or contact Rich Wojnar at [rwojnar@comcast.net](mailto:rwojnar@comcast.net) / (856) 303-0769

### Training Program

**Who?** All are welcome, from youths looking for some extra conditioning to adults looking to accomplish something pretty cool

**When?** Training starts the week of July 6<sup>th</sup> and continues for 9 weeks, leading up to the Rock 'n' Roll Run Back to School 5K on Monday, Sept. 7<sup>st</sup>, 2015.

**How Often?** We will complete 3 training sessions each week, with each session lasting about 30 - 45 minutes and with at least one rest day in-between each session.

**Where?** We will have opportunities to get together as a group (see the Group Run Opportunities section to the right) but these sessions can also be completed on your own anywhere that you wish.

### Group Run Opportunities

**When?** Every Monday, Wednesday, and Friday at 6:30PM

**Where?** We'll meet in the front parking lot of St. Charles Borromeo (2500 Branch Pike, Cinnaminson, NJ 08077) and train on the race-day course.

### What Do I Need?

- Decent running shoes
- Willingness to say, "Yes, I'm going to do this!"

### Questions and Thoughts You Might Have

#### **I've never run before or I run very little. Can I really do this?**

The training program that most of us will be following is very conservative, starting off with more walking than running and gradually incorporating more running each week. If you do not exercise regularly, building up to 20 - 30 minutes of walking before we start the training program will also help. You can do this. Feel free to grab a friend or family member and do this together. In 2014, we had about 25 participants in the training program, both kids and adults, with about 15 of them training and finishing their first 5K.

#### **I already run pretty regularly or I've already run a 5K before. Can I still be a part of this?**

Sure, the more, the merrier... We can still all warm up and cool down together as a group, hook you up with others at your fitness level, offer you advice, and help you improve your time. This is also a great opportunity to help a friend or family member get to the finish line of their first 5K.

#### **The timing of the group runs does not work out well for my schedule. Would I still be able to participate?**

At the beginning of each week, we'll give you the 3 training sessions to be completed for that week, either at a group run or on your own. We're hoping that everyone will be able to make at least one of the group run opportunities each week. But they're totally optional. If another day/time ends up working better for most of us, we may add in another group run opportunity. And we're always available to answer questions and offer advice.

#### **I'm still on the fence about this. It's something that I've always wanted to do but it's a bit nerve-racking just thinking about it.**

It's perfectly normal to feel anxious when we come out of our comfort zone. But that also makes it so much more worth it when we accomplish something that we never thought we could do. It's just a matter of taking that first step and committing to give it a try. We can help you get to the finish line.