



and



present

5K Group Training

TRULY A BEGINNER'S RUNNING PROGRAM

START YOUR JOURNEY TO FITNESS AND EXERCISE WITH THIS

FUN & SUPPORTIVE

8 WEEK PROGRAM STARTING MARCH 4, 2017

PARTICIPANTS WILL LEARN HOW TO RUN A 5K AND GRADUATE BY RUNNING

THE MAHWAH SCHOOLS FOUNDATION

THUNDERBIRD RUN

ON APRIL 23, 2017

FOR \$45, YOUR 8-WEEK PROGRAM INCLUDES:

- SATURDAY MORNING WEEKLY COACHED GROUP SESSIONS
- WEEKLY TRAINING PROGRAM WITH HOMEWORK TO BE COMPLETED ON YOUR OWN IN BETWEEN COACHED SESSIONS
- TALKS ABOUT MANY EXERCISE RELATED SUBJECTS
- UNLIMITED EMAIL SUPPORT FROM RRCA AND USATF CERTIFIED COACH MICHELE

FOR MORE INFORMATION ABOUT DE NOVO HARRIERS, GO TO
www.denovoharriers.com

For specific information on the "5K Group Training" – please contact:
COACH MICHELE – DE NOVO HARRIERS
EMAIL: coach@denovoharriers.com