

PRESENTED BY THE MAHWAH SCHOOLS FOUNDATION

We invite you to start your fitness journey with a fun and supportive exercise program!

# THUNDERBIRD 5K GROUP TRAINING



MAHWAH SCHOOLS FOUNDATION  
**THUNDERBIRD RUN**  
#WEBUNMAHWAH

8 WEEK PROGRAM INCLUDES:

- Saturday morning coached group sessions
- Weekly training with "homework" to be completed on your own
- Pre-session talks on various exercise subjects
- Expert training from USATF Coach Tim, who will guide you through your training



- The 8 Week 5K Training Program Starts Saturday, August 27<sup>th</sup> at 8am
- Early Bird Fee is \$65 per participant, increasing to \$75 on Aug 25<sup>th</sup> (includes 5K registration and t-shirt)

SCAN TO REGISTER FOR THE 5K TRAINING PROGRAM OR  
VISIT OUR WEBSITE: [www.thunderbirdrunmahwah.com](http://www.thunderbirdrunmahwah.com)



THIS RUNNING PROGRAM IS DESIGNED TO ALLOW YOU TO COMFORTABLY FINISH A 5K AND  
FEATURES A VARIETY OF ENGAGING WORKOUTS TO PREPARE YOU  
TO COMPLETE THE THUNDERBIRD RUN 5K ON SUNDAY, OCTOBER 23RD

For specific information or questions on the "5K Group Training" please contact: COACH TIM via email: [tletavish@gmail.com](mailto:tletavish@gmail.com)