

# RunKlub Training Fall 2020



The **FIRST** rule of RunKlub is: you do not talk about RunKlub. The **SECOND** rule of RunKlub is: you DO NOT talk about RunKlub! **THIRD** rule of RunKlub: if someone yells "stop!", goes limp, or drops, the run is over. **FOURTH** rule: you either run today or you don't. **FIFTH** rule: one run at a time. **SIXTH** rule: the runs are no drama. **SEVENTH** rule: runs will go on as long as they have to. And the **EIGHTH** and final rule: if this is your first time at RunKlub, you have to run. **Extra Rule: We Run COVID Free!!**

**Directed by Rebecca Sparks and Kara Springer**

**September 9th through November 29th, 2020**

**VIRTUAL COACHING PROGRAM OFFERED THIS SEASON!!!**

- **12 Week Personalized Training Schedule to Peak at our chosen races:**
    - \***Half Marathon** training group will focus on Space Coast ½ Marathon and the **5k** group will focus on the Cocoa Beach Turkey Trot 5K, Discounts for Selected Races
  - **Wednesday Night Organized Workouts throughout Central Brevard County and an Evening of Strength Workouts with Coach KARA, Sunday Runs Cocoa Village**
  - **Custom Designed Racing Singlet**
  - **Expert Coaching From The Area's Top Runners, Interval Sessions, LSD, Hill Runs**
  - **Opportunity to Discuss, Nutrition, Program Planning, Injury Prevention, Techniques, Racing Strategies and Strength for Runners, Yoga for Runners and So Much More!!**
  - **You Get All 12 Weeks For Only \$165 an Athlete both Live and Virtual (\$140 Alumni)**
- This program was designed by running legend Rebecca Sparks and Teammate RRCA certified Kara Springer. This training program is for the runner who thinks they are capable of becoming a better person and run faster and more efficiently! This camp is for anyone who wants to improve the way they feel when running. This camp is for the beginning runner or an experienced one looking for a new PR. You'll learn about phase training, injury prevention and what works for you personally. **If you have yet to run the times you think you can, this camp is for YOU!**

To register fill out the form below and return via email ([runklubinc@gmail.com](mailto:runklubinc@gmail.com)) or mail to RunKlub, 1485 N. Atlantic Ave. Ste 105, Cocoa Beach, FL 32931

Or Register at RUNSignUp: RunKlubFall 2020

**This is the first step to a better and stronger YOU!**

## RunKlub Training FALL 2020

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Home Ph: (     ) \_\_\_\_\_ Work Ph: (     ) \_\_\_\_\_  
E-mail: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Are You A Space Coast Runner? Yes or No  
Have you had any injuries or setbacks in your running in the last year? If yes, please explain: \_\_\_\_\_  
Average Current Weekly Mileage: \_\_\_\_\_ Longest Run In The Last Month: \_\_\_\_\_  
5K PR: \_\_\_\_\_ Date of that PR? \_\_\_\_\_ Current 5K time: \_\_\_\_\_ Date? \_\_\_\_\_  
What pace do you currently run your "easy" runs at? \_\_\_\_\_  
What are you hoping to accomplish by the end of this training session? \_\_\_\_\_

Camp fee will be due at orientation September 9th, 6:00 PM, Rotary Park, Merritt Island or you can register at RUNSignUp: RunKlubFall 2020

Once your registration has been received you'll be invited to the RunKlub member only Facebook page and will have a Private Exclusive Coach/Athlete Account on Training Peaks

Any questions please contact

Kara Springer at 321-693-3445 or Rebecca Sparks at 321-693-1967

**Read and Understand The RRCA CARA Operational Preparedness Plans for Group Runs During COVID-19**