

Run/Triathlon Training

Summary of 2010 Running and Triathlon Training Programs Fleet Feet Sports is dedicated to helping others live fit. We are passionate about staying healthy and helping others realize their personal fitness goals. Our training programs offer structured workouts, dedicated coaching, educational clinics, and plenty of motivation and support to keep you going from start to finish. Whether you're looking to get started in a fitness program, desire to complete a new distance, or are seeking a group to keep you motivated, our programs deliver results. **UPDATED! MARATHON TRAINING PROGRAM DATES AND PRICES**

Run/Walk Training Programs Include coached workouts and educational clinics to help you achieve the distance and prepare you to keep moving long after race day. **Runinspired video No Boundaries Beginner 5K (3.1 miles)**

This beginner level 5K run/walk training program, sponsored by New Balance, is designed for folks that can currently walk one mile or more and would like to learn to run. This program utilizes the run/walk method of training and very gently each week increases the amount of distance and run time, beginning with just one mile and a run/walk ratio of run 1 minute and walk 2 minutes. This program has proven to be the instrument to a changed lifestyle into fitness because you prove to yourself you can accomplish a goal. It's a non-competitive, supportive and fun way to learn to run! **No Boundaries Program Includes:**

- Fall session dates: August 16 – October 24, 2010 - REGISTRATION CLOSED
- Coached Saturday 8am weekly workouts from Fleet Feet
- Written training plan
- Weekly handouts and emails
- Technical tee from New Balance (\$30 value)
- Discount coupons
- FUN!
- Fee: \$75 (does not include race entry fee)
- First week of training begins August 16
- First Saturday group workout is August 21
- Goal race: Livermore Grape Stomp, October 24
- Requirements: Currently able to power walk one mile and have a desire to learn to run
- Limited to 50 participants **10k Beginner Run/Walk (6.2 miles) NEW!**

This beginner 10k run/walk program is designed for those that have recently completed the No Boundaries 5k program or those that can comfortably run/walk 3 miles. This program utilizes the run/walk method. Each week we increase the run distance and/or run time interval so that you can complete a 10k race with confidence. **10k Program Includes:**

- Fall session dates: August 16 – October 24, 2010 - REGISTRATION CLOSED
- Coached Tuesday 6:30pm track workouts and Saturday 8am workouts from Fleet Feet
- Written training plan
- Weekly handouts and emails
- Technical tee from Fleet Feet
- Discount coupons
- FUN!
- Fee: \$75 (does not include race entry fee)
- First week of training begins August 16
- Goal race: Livermore Grape Stomp, October 24
- Requirements: Currently able to run/walk 3 miles @ 15 min/mile pace and workout 3-4x/week
- Limited to 20 participants **Half-Marathon (13.1 miles)**

This half marathon training program, utilizes the run/walk method and is designed for folks that can comfortably run/walk 6 miles in less than 80 minutes and has a good weekly run base. This program offers a non-competitive, supportive environment for all. It is friendly for the first time half marathoner or the person that has completed a half and wants to feel stronger at the finish. This program is also a prerequisite for the marathon training program. **Half Training program includes:**

- Fall session dates: August 2 - October 3, 2010 - REGISTRATION CLOSED
- Coached Tuesday track workouts and Sunday 7am weekly workouts from Fleet Feet
- Written training plan
- Technical shirt from Brooks and other goodies
- Discount coupons
- Starter pack of gels
- Weekly emails and training tips
- FUN!
- Fee \$90 (does not include race entry fee)
- First week of training begins August 2
- Goal Race: San Jose Rock n' Roll 1/2 marathon October 3, or Nike on October 17
- Able to continue to marathon training for \$81
- Requirements: currently be able to run/walk 6 miles @ 13 min/mile and run/walk 15 miles/week
- Limited to 25 participants

Marathon (26.2 miles) UPDATED

This 9 week marathon training program is for beginning and intermediate marathoners hoping to run their first marathon or improve their time from a previous marathon. It utilizes the run/walk method. This program is a continuation from the Half Training and is appropriate for runners completing that program or participants who can comfortably run/walk 13 miles at 12 min/mile pace. This program offers a non-competitive, supportive environment for all. Training program includes:

- Fall session dates: October 4 – December 5 INFORMATION MEETING SEPTEMBER 15, 7PM
 - Coached Tuesday 6:30pm hill workouts and Sunday 7am weekly workouts from Fleet Feet
 - Written training plan
 - Technical Fleet Feet shirt and other goodies
 - Discount coupons
 - Starter pack of gels
 - Weekly emails and training tips
 - FUN!
 - Fee \$90 (does not include race entry fee)
 - Goal race: CIM (California International Marathon) in Sacramento, December 5
 - Requirements: completed half marathon program or have recently completed a half marathon. Able to run/walk 13 miles at 12 min/mile and run/walks 20 miles/week.
 - Limited to 25 participants Registration opens September 13
- Beginner Triathlete Training Programs The triathlon programs, sponsored by Saucony, include coached swim, bike, and run workouts plus transition and race-day prep clinics. Participants should be comfortable in the water and able to swim 100 yards in the pool, bike 5 miles on the road and run/walk 1 mile.

Tri4Women
This is a non-competitive, women-only, 8 week training program that will prepare you for your first sprint distance triathlon. The target race is the Women-Only Mermaid Tri in Alameda. Race distances are: 400 yard lake swim, 10 mile bike ride and 2.5 mile run*. Must be at least 18 years old to participate.

- Spring session dates: April 12 – June 6, 2010 - REGISTRATION CLOSED
- Weekly coached workouts to include a swim session (Tuesday 6:30pm) and bike/run session (Saturday 8am)
- Written training plan
- Saucony training shirt and water bottle, swim cap and other goodies
- \$10 coupon towards new shoes or tri outfit and \$5 coupon towards a new sports bra
- Weekly handouts and emails
- Camaraderie of supportive group
- Goal Race: All Women Mermaid Tri, June 6, 2010

- Fee \$125 (does not include race entry fee) Limited to 25 participants

Triathlon 101
8 week, co-ed beginner-level triathlon training program designed to help you complete your first sprint or Olympic distance triathlon. Must be at least 18 years old to participate.

Sprint distance race: TBF Racing Tri for Fun. Race distances are: ½ mile lake swim, 16 mile bike ride, 3 mile run*.

Olympic distance race: TBF Racing Tri for Real. Race distances are 1.5k swim, 40k bike, 10k run*.

- Summer session dates: June 14 – Aug 8, 2010 - REGISTRATION CLOSED
- Weekly coached workouts to include track session (Tuesday 6:30pm), swim session (Saturday 8:30am), and bike/run session (Sunday 8am)
- Written training plan
- Saucony training shirt and water bottle, swim cap and other goodies
- \$10 coupon towards new shoes or tri outfit and \$5 coupon towards a new sports bra or apparel
- Weekly handouts and emails
- Camaraderie of supportive group
- Goal Race: Sprint distance Tri for Fun at Rancho Seco, Aug 7, or, Olympic distance Tri for Real at Rancho Seco, Aug 8
- Fee: \$125 (does not include race entry fee) Limited to 25 participants* Race distances/details subject to change