



## Half Marathon Training Program!

### Program Details

- **13.1 mile training program**
- **June 05 - September 23, 2017**
- **Target Race: Asheville Running Experience (ARX) Half Marathon**
- **Registration fee: \$160**

### **What's Included?**

- **Race registration for the Asheville Running Experience Half Marathon**
- **Store Discount (20% off)**
- **Technical t-shirt**
- **Monday evening group runs, organized by pace**
- **Weekly emails with training plan specific to your pace and goals**
- **Access to local experts and runners for information related to nutrition, form, gear, proper footwear, injury prevention, etc.**

### **Is this program right for you?**

- **You have been pain free from injury for at least 3 months**
- **Able to run or run/walk for 45 minutes**
- **Have completed a 5K**
- **Able to commit to 3-4 weekly training runs**
- **Looking to build your weekly mileage to early Sept. to a long pre-race training run of 10 miles.**
- **Looking for other people to run with and have fun!**

### **HOW TO REGISTER!**

Stop by Jus' Running to complete the registration form or print registration form and mail to 523 Merrimon Avenue, Asheville NC 28804. Contact us at 828-252-7867 or [rjohn7@netzero.com](mailto:rjohn7@netzero.com) for more information.