

Super Hero 5k Training Program

Presented by Jesse Hyder Coaching

This training program is open to all age groups and ability levels!

This 6 week training course will:

- prepare you for your first 5k
- teach foundational running skills
- introduce tools and tricks to running pain free
- connect you with other local super heroes

When:

Friday @ 9am
Aug 6 through Sept 10

Cost:

\$25

Where:

Carrier Park
inside the track

Bring:

a mat, water and a stopwatch
(if you have one)

We will meet rain or shine!!!

Please message Jesse Hyder with any questions at

jessehydercoaching@gmail.com