

Fleet Feet Huntersville

5K

Training Program

Ten Week program with two weekly group training sessions

Coach-guided weekly training sessions

Receive a cool technical training T-shirt

Information clinics on various health topics and more

Weekly handouts on hydration, nutrition, gear, and safety

Fleet Feet store discounts

The camaraderie of others with the same fitness goals! and much more!

When: Ten week program begins **Tuesday, Oct 8th 2019**. Meets weekly on Tues nights, 6:30 pm, and Sat mornings, 7:30 am. We will meet at a variety of locations in our area

Info Session: Wednesday, Sept 25th, 7:00 pm, Fleet Feet Huntersville

Goal Race: Holiday 5K, Friday, Dec 13th, 2019 in Huntersville (this is an evening race!)

Cost: \$110 (does not include race registration)

Sign Up: To register online go to www.fleetfeethuntersville.com and click on Training Programs

Age Restrictions: Must be 15 years or older to participate with a participating parent; 18 yrs or older to participate on your own.

CHECK OUT OUR WEBSITE FOR ADDITIONAL DETAILS, OR EMAIL US AT TRAINING@FLEETFEETHUNTERSVILLE.COM



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HUNTERSVILLE

