

Fleet Feet Huntersville Half Marathon Training Program

Twelve 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: Twelve week program begins **Tuesday, Sept 24th, 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 18th, 7:00 pm, at Fleet Feet Huntersville

Goal Race: Huntersville Half Marathon, Saturday, Dec 14th, 2019 in Huntersville

Cost: \$120 (does not include race registration)

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

Restrictions: Must be 18 years or older to participate, must be able to comfortably run or run/walk six miles at a 15 minute pace

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



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HUNTERSVILLE

