# Lift **HEAVY**. Run *FAST*.
STRENGTH-SPEED-ENDURANCE

5K, 10K & HALF MARATHON TRAINING PROGRAMS

IMPROVE YOUR 5K, 10K OR HALF MARATHON TIME AND GET STRONGER.

If you want to run faster, you've got to do more than just speedwork. Strength training is a critical, but often neglected component to a runners' training plan. Strength training is a key component to building speed. The more power you can generate with each stride, the faster you can run. The stronger you are, the longer you can generate that power without fatiguing, meaning you'll be able to maintain your pace. Strength training will also help reduce the likelihood of running related injuries.
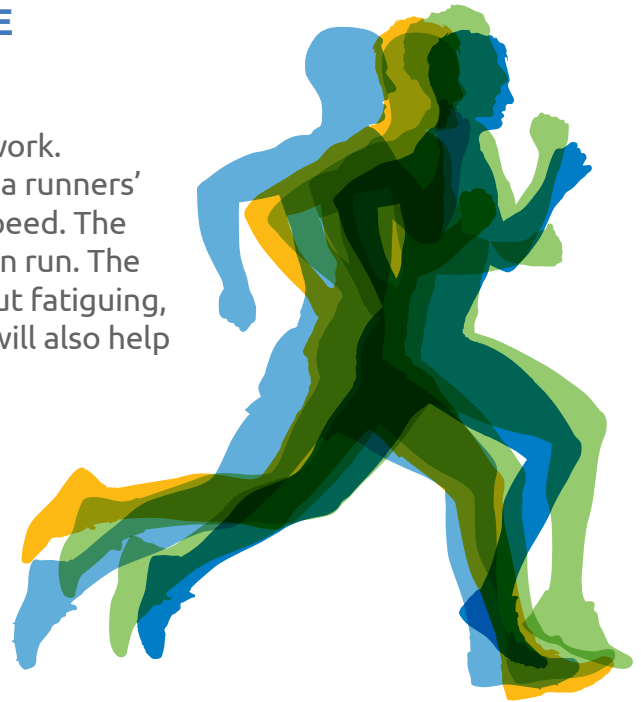
PROGRAM FEATURES

Program review/consult	1 hour
Strength Training	3 days/week
Running (speed work, tempo run, long run)	3 days/week
Full rest day	1 day/week
Check-ins	Weekly
Email/phone support	As needed

PRICING

5k Training Program (6 weeks)	$100	Members	$150	Guests
10k Training Program (8 weeks)	$150	Members	$200	Guests
Half Marathon Training Program (12 weeks)	$225	Members	$275	Guests

For more information contact Justin Dominick, JCC Senior Director of Fitness and Certified Strength & Conditioning Specialist: 410.559.3548 or jdominick@jcc.org