



# RACE TRAINING

## 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 and further, you've got to do more than just run. Strength training is a critical, but often neglected component to a runner's training plan. 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 (in person or virtual)	1 hour
Strength Training	3 days/week
Running	3 days/week
Full rest day	1 day/week
Check-ins	Weekly
Email/text/phone support	As needed

#### PRICING

5k Training Program (6 weeks)	\$50   Members	\$75   Guests
10k Training Program (8 weeks)	\$75   Members	\$100   Guests
Half Marathon Training Program (12 weeks)	\$100   Members	\$125   Guests

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

