

Half Marathon & 5K Training Starts Monday 8/13/18



Join AYB Running Team to train
for the Bass Pro Half Marathon
or 5K Sunday November 4th!

Program includes:

- * 12 Week Running Plan written by a RRCA certified Running Coach, including pace & distance
- * Coached Speed Training
- * 3 Group runs per week:
 - * Tuesday 5:30 am at Kickapoo HS track
 - * Thursday 5:30 am at Wanda Gray Elementary
 - * Saturday 6:00 am location TBA

- * Seminars on injury prevention, training strategies, hydration, sports nutrition, and race day planning
- * Access to unlimited group classes at AYB
- * Unlimited access to your coaches via Facebook group
- * Team Running Shirt

Cost: \$125 (\$100 for AYB unlimited group class members) *Cost and registration for races not included.

Download our AYB app, call 417-720-3670, visit our website at www.AchievingYourBest.net, or email info@achievingyourbest.net to sign up!