

# 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](http://www.AchievingYourBest.net), or email [info@achievingyourbest.net](mailto:info@achievingyourbest.net) to sign up!