

Running Club: Integrated Strength and Flexibility with Specialized Informational Sessions!

Washington Sports Club's Endurance Programs By P9 Fitness "Your Recipe for Life Long Distance Fitness"

Schedule - Starting May 2019

Mondays	5:45p
Tuesdays	6:30a
Tuesdays	630p Nutrition, Testing, Presentations and more!
Thursdays	5:45p (Trails-n-Skills)
Friday	5:30p (Specialty Strength Endurance Training - gym)
Fridays	7p TBA Happy Hours
Saturdays	10a (Long Run Practice)
Sundays	3p (Trails)

Program Description

Running Club - Interested in getting off the couch or running a marathon? Maybe it's time to prepare for this year's Thanksgiving Day Turkey Trot 5k or launch into a strong 10k at the end of a triathlon. Our Running Club sessions are a mix of road, trail and strength sessions to help you stay motivated and enjoy the sport of running with other new training friends. We'll take you out on of the well some worn running/biking paths along with some introduction to varying levels of trails. We're open to new runners, returning athletes and current hotshots who want to gain some new tips on form, technique, breathing and other ways to increase your speed and go further for longer with our Certified USA Track & Field Coaches and Certified USA Triathlon Coaches to make it fun and safe all the way to your first 5k or PR your next marathon!

WCS Endurance Programs by **P9 Fitness**

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