



# Running for Women Spring 2010

***Also INTRODUCING A Conditioning Session!!***

**10 weeks of running sessions • April 6 - June 10**  
**8 weeks of strength & stretching sessions • April 6 - May 27**

**FULL program benefits includes:**

- Two coached running classes per week
- Post-run conditioning class lead by certified fitness trainer (a.m. Intermediate and Advanced/Competitive only)
- Online coaching/direction and health tips
- Honor Run suggestions and free Sunday runs
- Free technical shirt for first-time participants
- \$5 off sport bra purchase OR \$2 off socks, and \$10 off running shoes

**RUNNING SESSION DESCRIPTIONS, courses follow a run/walk training principle:**

- **Masters Wahine Course** - Tues/Thurs at 6 AM - Experienced runners 35 and over who want regular training and new running locations.
- **Intermediate Course** - Tues/Thurs at 8 AM or 6 PM - Runners (ability to run 2-4 miles) who want the discipline of a regular run with others and some advanced work.
- **Advanced/Competitive Course** - Tues/Thurs at 8 AM or 6 PM - Experienced runners who want advanced training work, including hill and speed, and who want to train for area events like 3<sup>rd</sup> Marine 10K or Hibiscus Half.

**CONDITIONING SESSION DESCRIPTION:**

- Resistance training, calisthenics (push-ups, lunges, ab work...) and stretching after each AM run
- Participants will need a resistance band and an exercise mat/yoga mat/towel
- Session will take place in Kailua Running Co. (AC and music!)
- Run ends at 9am, Strength and Stretching begins at 9:05 til 9:30 am

**COST:**

\$175 (run + conditioning)\*\*; \$125 (run only); \$60 (conditioning only); \$50 drop-in card

\$145 returning runners (run + conditioning); \$95 returning runners (run only)

\*\*Not including Competitive Course - \$175 (run only); \$225 (run + conditioning)

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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Class selection:  
\_\_\_\_\_ AM or PM