

spring training

HALF MARATHON TRAINING PROGRAM

Join Us Today

Join the TeamFootWorks Spring Training Program. We offer a variety of pace groups, a customized training schedule and professional guidance for each participant. We will train you to complete a Half Marathon. Or train with us to stay in shape and keep your running base up for another race. The training program starts with a 30 minute run/walk, Saturday February 25th at the South Miami Hospital Education Center located at 7401 SW 62nd Ave.

Group Runs

The secret to training is the Saturday morning long run. Our beautiful course winds through South Miami, Coral Gables, Coconut Grove, and Key Biscayne. In addition to the Saturday morning long run, we offer group runs on Tuesday and Thursday evenings at 6:30PM leaving from FootWorks. By running with your group on Saturday morning, jogging for 30-60 minutes 2-3x per week, and cross training, you can prepare for a Half Marathon."Join our friendly and supportive groups to keep you running towards your goal!"



Program Clinics

Following the Saturday morning long runs, clinics are held in the South Miami Hospital Education Center on running techniques, nutrition, stretching, cross training, and more. You will learn all about the components of having a great half marathon experience and maintaining a healthy lifestyle!

01 Program Benefits

19 weeks of training with your pace team

Technical running shirt

15% discount thru July 1st.

Jeff Galloway Marathon Book

Measured running course

Water and Vitalyte every 2-3 miles

Discount on select 5K's produced by TeamFootWorks

Discount on 1/2 marathon entry

Clinics on running techniques, nutrition, stretching, cross training, and more

TeamFootWorks Fitness News Emails

02 Program Fees



New Members

\$150 thru 2/24
\$200 after 2/24

Program Alumni

\$125 thru 2/24
\$150 after 2/24

Spring Half Marathon Training

last name: _____

first name: _____

age: _____ gender: M F size: s m l xl

address: _____

_____ apt #: _____

city: _____ state: _____ zip: _____

email: _____

cell: _____

Program Fees

New Members

\$150 thru 2/24

\$200 after 2/24

Program Alumni

\$125 thru 2/24

\$150 after 2/24

credit card#

_____ - _____ - _____ - _____

exp: _____ *add %5 processing fee

Make check payable to: TeamFootWorks

Mail Completed form to:

5724 Sunset Drive , Miami, FL 33143

Waiver: I know that walking, running and road racing are potentially hazardous activities. By entering this program I am taking responsibility for medical clearance and for being physically fit and properly trained to participate in this program. I agree to abide by any decision of program official relative to my ability to safely complete the training program. I assume all risks associated with running, but not limited to my own fitness and health condition, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release TeamFootWorks, Bayms Bay, Inc., Road Runners Club of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program though that liability may arise out of negligence or carelessness on the persons named in this waiver and other organizations. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose.

Sign: _____ Date: _____

TeamFootWorks

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