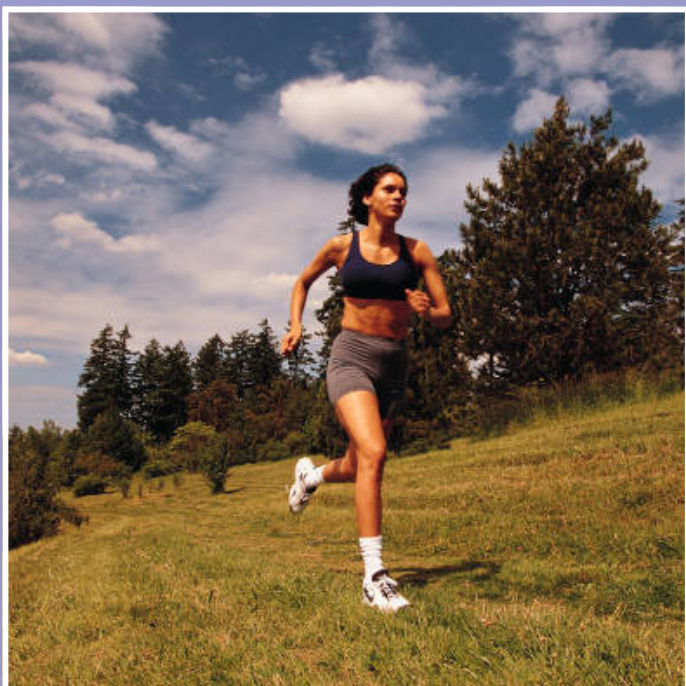


Coach Tony Salinaro, RRCA & USATF presents

MARATHON TRAINING

*Gear Up this Winter & Spring and get in
Marathon Shape!*



INFORMATIONAL MEETINGS:

**Monday, December 19th &
Tuesday, December 27th at
9_{am} and again at 6_{pm} both days
at Delta Valley Athletic Club**

TRAINING PROGRAM DATES:

January 21 through May 5

COST:

\$175 (not including registration in any race event)

INCLUDES:

- A full 15-week training schedule with group coaching sessions on Saturday mornings in the greater Antioch, Brentwood and Oakley area
- Info & drills to improve running form
- Run prep and warm-up techniques
- Run specific strength training and flexibility
- Nutritional information for fueling your training and for race day

The program ends the week before the Avenue of the Giants Marathon in Weott, CA on May 6th. This marathon is a road course under coastal redwoods and sequoias, is USATF certified, and is a Boston Marathon qualifier. Several other events, both half-marathon and marathon distance, have nearby dates.

To get the most out of the program, participants should meet the following criteria:

- 18 years of age or older
- Running at least 13 minutes per mile or less
- Can start the training calendar with workouts 4 days per week and 3-4 miles per workout
- Free of injury and ready for a five mile route on the 2nd coaching session

Registration & Information | Coach Tony Salinaro, NASM-CPT, RRCA & USATF
Coach and Director of the Run Team

925/757-7531 | runfitter@earthlink.net

