



Phat Chicks



RUN PHAT ! clinics -10k and Half Marathon

Start date: Monday, January 10 2011 - 6:30 p.m.

Location: 1390 Plains Rd E. Burlington. It's in the old NRG plaza (corner of Plains rd and Brant St.)
This will be our home base.

Each Monday night we will provide a different presentation on "run specific" topics, and then take it outside for a training run.

Speed work** sessions will be offered Saturday mornings at various outdoor locations. This speed training while optional is **highly recommended.

Here is what **YOU** can expect from your Phat Crew: Motivation! Dedication! Success!

Plus, a wealth of knowledge on the following:

- Injury prevention/safety
- Interval training/speed work
- Cross training/core strengthening
- Technique / conditioning
- Equipment: apparel & choosing the correct shoe
- Nutrition/hydration
- Bio mechanics
- Pace training
- Hot and cold weather running
- Race day fuel/nutrition
- Pre race tapering/nutrition
- Race day pacing

And more surprises...we can't tell you yet!!

FIRST SESSION: Monday January 10~6:30 p.m.

Come dressed to run! Bring water, and drink it throughout the day (try for 8 glasses)
(Weather depending- toques, mitts/gloves, layer your clothing).

We will first outline what you can expect in the following weeks, and then go out for a short run!!

COST: \$79.99 for both 10km and Half Marathon. \$59.99 for on-line program.

Let's start this year off on the right foot and have some fun together!!!

BE YOUR BEST. BE STRONG. BE PHAT.

Please contact us if you have any questions.

www.phatchicks.ca

