



# Phat Chicks



## Run PHAT clinics with the PHAT CHICKS 10k, Half and Full Marathon

**Location:** Burlington~To Be Announced.

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

\*Speed work sessions will be offered once a week (Wednesday evenings @ 6:30pm. They are less than an hour in length) at various outdoor (think hills!!) locations in Burlington. This speed training while optional (and included) 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

## FIRST SESSION: Monday June 6 2011 ~ 6:30 p.m. 16 week solid program

First night we will outline what you can expect in the following weeks, and then go out for a short run!!  
Come dressed to run! Bring water.

**COST:** \$85.00 for 10km, Half and Full Marathon clinics. \$59.99 for on-line program.

**INCLUDED:** Take home hard copy of 16 week program and information on topics listed above, 2 coached sessions per week, RunPHAT tee, discount card for run specific stores in area, 3 day meal plan sample, one free pass to Phat Fit, one on one coaching when needed.

\*\*\*Full marathon registrants should have a solid 10km base\*\*\*

**Join us for some sweet summer running and lets**  
**RUN THIS TOWN PHAT!!**  
**BE YOUR BEST. BE STRONG. BE PHAT.**

