



Phat Chicks



Run PHAT clinics with the PHAT CHICKS

10k TRAIL RUN CLINIC

Start date: Monday, March 5 2012

6:30pm

Goal race: sulphur springs trail run~ May 26 2012

<http://www.burlingtonrunners.com/index.cfm?id=5711>

Where and When: Runs will happen on Monday (longer runs) and Thursday (speed work) evenings at 6:30pm. First 2 weeks will be on the streets of Burlington, meeting at Central Arena Auditorium. After that, we will be hitting the trails at Kerncliff Park
<http://cms.burlington.ca/Page425.aspx>

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 on Thursday evenings @ 6:30pm. They will likely start further into the program. 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

FIRST SESSION: Monday, March 5 ~ 6:30 p.m.

12 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:

Package #1 - trail run clinic~\$75.00.

Package #2~ Trail run clinic plus 4 PHAT FIT passes (great for cross training!!)~ \$105.00

Online program~ \$59.00

does not include race entry

INCLUDED: Take home hard copy of 12 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.

**Join us for some sweet spring running and lets
RUN the trails PHAT!!**

BE YOUR BEST. BE STRONG. BE PHAT.

