

“Believe that you can run farther or faster. Believe that you’re young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don’t let worn-out beliefs stop you from moving beyond yourself.”

-John Bingham, running speaker and writer



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**KICK IT
TO THE
FINISH**

13.1 Running Club



KOSCIUSKO COMMUNITY YMCA

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1401 E Smith St

Warsaw, IN 46580

574 269 9622

www.kcymca.org

HEALTHY LIVING: 13.1 Running Club

Are you a beginning runner or someone who runs but you want to push yourself to the next level? This running club will meet three times a week, help you develop a training plan, and provide a team for you to run with at your first half marathon.

The end goal is to race in the Run for Fun Half Marathon on May 12 in Warsaw starting and ending at the Fairgrounds.

Members: \$20

Program Members: \$30

Register by February 9. For ages 15 and up.

Cost includes a t-shirt, training plan and three running days with a trainer.

“Like” us on Facebook for up-to-date information on training runs in case of inclement weather.

For more information contact
Tonya Douglass
twelsh@kcymca.org or
574 269 9622 ex. 36

13.1 Running Club Training Schedule

February 14–May 12

Runs will be led 3 days a week by a trainer:
Tuesdays, 5:30 p.m. Meet at the Y
Thursdays, 5:30 p.m. Meet at the Y
Saturdays, February 18–March 24 9:00 a.m.
Saturdays, March 31–May 5 8:00 a.m.
Meet at Winona Lake Park
Arrive 10 minutes early for warm-ups.

Week 1 February 13			
	Tuesday	Thursday	Saturday
Run	3 miles	3 miles	3 miles
Run/Walk	3 miles (5/5 split)	3 miles (5/5 split)	3 miles (5/5 split)
Walk	3 miles	3 miles	3 miles

Week 2 February 20			
	Tuesday	Thursday	Saturday
Run	3 miles	3 miles	4 miles
Run/Walk	3 miles (6/4 split)	3 miles (6/4 split)	4 miles (6/4 split)
Walk	3 miles	3 miles	4 miles

Week 3 February 27			
	Tuesday	Thursday	Saturday
Run	3 miles	3 miles	5 miles
Run/Walk	3 miles (6/4 split)	3 miles (6/4 split)	5 miles (6/4 split)
Walk	3 miles	3 miles	5 miles

Week 4 March 5			
	Tuesday	Thursday	Saturday
Run	4 miles	4 miles	5 miles
Run/Walk	4 miles (7/3 split)	4 miles (7/3 split)	5 miles (6/4 split)
Walk	4 miles	4 miles	5 miles

13.1 Running Club Registration

Name _____

Address _____

City _____

State _____ Zip _____ Male/Female

Phone (____) _____

E-Mail _____

Birthdate ____/____/____ Age _____

T-shirt size: AS AM AL AXL AXXL

Emergency Contact _____

Phone (____) _____

How did you hear about the running club?

PLEASE SIGN THE FOLLOWING WAIVER:

I hereby certify that I am in normal health and capable of safe participation in the YMCA Running Club. I assume all risk(s) and hazards incidental to the conduct of this program. I hereby authorize the YMCA to obtain medical treatment for me in the event that the emergency contact cannot be reached. I give my permission for the free use of my name and/or picture in any broadcast, telecast, or print media account of this event.

_____/____/____
Signature Date

_____/____/____
Signature of parent/guardian if under 18 Date