

This clinic is designed to take ½ marathoners through a great program that will have them ready for a number of different races throughout the fall. The clinic will meet on Thursday evenings starting with endurance training then moving into speed/tempo sessions. We will also meet on Sundays for the long runs to build up your endurance and time on your legs. The goal is to get you through the training injury free and building a love for running.

START DATE: Sunday August 13th, 2017

PRICE: \$80 + tax

WHAT YOU GET:

- 13 Sunday long run session
- 13 Thursday training sessions
- Leader lead runs (Thursdays and Sundays)
- Discount towards clinic to those who ran with us during Spring 2017 marathon/half marathon group
- Technical training tee
- Discounts to be used in store
- Monthly training plan
- Guest speakers

The Runners' Den is in its 17th year of being in the Tri-Cities communities and works hard to provide the best selection of technical running shoes, clothing and accessories. The staff are what makes the shop run, their knowledge, experience and ability to take care of all your needs. When it comes to learning about your feet, training, nutrition, and anything running related, you need look no further. The runners' Den is ready to give you the experience you deserve.

What people are saying about our clinics:

“This is the best running clinic I have ever done. Well organized and a great group of leaders.” SR

“The Runners' Den clinics have the best group leaders, the philosophy of nobody runs along is always present even if you are in the slowest group.” EJ

“In training for the Boston Marathon I found the training plans to fit in perfectly for my needs, legs were ready to go come race day!” PZ

“I just want to say without the help of The Runners' Den there is no way I would of achieved my goal of completing a half marathon let alone smashing my time goal of under 2 hours, top notch volunteers and amazingly knowledgeable staff - helped me learn what it takes to not just finish but to actually be successful, including learning about pushing oneself past what you believe to be barriers. The run clinics these guys put on are beyond helpful, a heartfelt thank you to everyone at The Runners Den” KM

HALF MARATHON

APPROX TIME FOR DISTANCE:

LAST NAME:

FIRST NAME:

EMAIL ADDRESS:

PHONE NUMBER:

EMERGENCY CONTACT NAME & NUMBER

GOALS FOR THE TRAINING SESSION:

SHIRT SIZE:(TECH TEE) MEN LADIES

**XSMALL SMALL MEDIUM LARGE
XLARGE XXLARGE**