



Indoor Speed Workouts!

Coach Mike Else from *Peak Performance Runner* and *TRRC Coaching* will be offering indoor speed training beginning on Wednesday February 1st and continuing through March 29th. Improve your upcoming race times with a fun and challenging workout that will take your running goals to the next level! Each workout will consist of a warm up, dynamic stretching, plyometric drills, running portion on the track, and end with a cool down and optional core and strengthening exercises. These weekly sessions will take place on the Turnstone indoor track facility located at 3320 North Clinton. For more information and get closer to a new Personal Record (PR) visit www.peakperformancerunner.com.

Date: Wednesday Evenings: February 1, 8, 15, 22 and
March 8, 15, 22, and 29, 2017

Time: 6:30 PM – 8:00 PM

Location: Turnstone Indoor Track Facility (3320 North Clinton)

Cost: \$10 per workout (\$5.00 for facility and \$5.00 for coach)
Bring this flyer to your first session for a \$ 2 discount

