

Boulder Striders Fall/Winter Training Program



Prepare for the Winter Race Series... Dec 14th/Jan 18th/Feb 22nd

Training Details

- 18 Week Training Program consists of 4 weeks base and 14 weeks of Group Workouts.
- Training begins the week of Oct 21st (schedule posted on front page of website).
- FIRST MEETING - Wed Oct 23rd
- Saturday Base Meetings will consist of a Light Run Workout
- There will be 2 Training Groups BASED on MEETING times - A & M with all abilities welcome
 - o "A" meet Wed @ 5:30 pm and Sat @ 7:30 am
 - o "M" meet Wed @ 7:00 am and Sat @ 7:30 am
- Train with other Boulder Strider Members at your goal pace in a non-intimidating atmosphere:
 - o Half Marathon (sub 1:30/1:45/2:00/2:20)
 - o 10 km (sub 45/50/55/60)

Boulder Striders' Program Rates

\$250	18 week program	includes 4 weeks Base / 14 weeks of twice a week training
\$200	18 week program	includes 4 weeks Base / 14 weeks of once a week training

MAKE CHECKS PAYABLE TO: BOULDER STRIDERS
OR CREDIT CARD...ADD \$5 TO THE PROGRAM RATE

Please Print & Mail Registration to:

Boulder Striders, 4162 Saint Croix St, Boulder, CO 80301 OR Bring to First Meeting

2013 Fall/Winter Training Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

DOB _____ Email _____

Day Phone _____ Evening Phone _____

Group A: Wed/Sat (5:30 pm /7:30 am)

Group M: Wed/Sat (7:00 am / 7:30 am)

Goal Times: Half Marathon _____ 1:30 _____ 1:45 _____ 2:00 _____ 2:20 _____

Goal Times: 10 km _____ 45 _____ 50 _____ 55 _____ 60 _____

Tech Shirt Size Men's _____ M _____ L _____ XL

Women's _____ S _____ M _____ L

By signing this Registration Form, I do not hold Colleen De Reuck, Boulder Striders or any of the Coaches liable for injury to myself during the 18 week training.

Signature: _____

One form per participant. Photocopies are okay.

Email colleen@boulderstriders.com or call (303) 579-8048 for more information and details