

Half / Full Marathon

The training program is for all levels of runners, from beginner to advanced. This program is designed for half/full marathon runners looking to optimize their training with the help of our coaches and staff.

Fee \$140 - 6 Months Training.

(\$25 Alumni discount)

*\$125/\$100 before May 31st.

-Half marathon trainers should be able to run 3 miles at one time and 8-10 miles per week. Full marathon trainers should be able to run 5 miles & 15 miles per week 16 weeks before event. We also have beginners walk/run interval group!



Our Training Program:

Running a marathon or half marathon is a great accomplishment. We offer the most professional program run by runners. We are Palm Beach County's

largest running store and are here to help you accomplish your goals.

Program includes

- * Personalized coaching and tips.
- * Daily - 16 week schedule.
- * 6:00am Saturday long runs.
- * Gatorade & water along course.
- * Post run food after each run.
- * 15% discount on footwear & apparel purchased during program.
- * Team performance training shirt.
- * Reduced entry fee for PAL 1/2 marathon, November 5th, 2017.
- * 6:30pm Thursday night fun run.
- * Custom map w/run distances.
- * Strength training lessons with Synergy Fitness instructors!
- * 1 week training-Synergy Fitness.
- * Walk/Run interval group option!
- * Alumni pace leaders for various distances and paces.

Bathroom, refreshments, water and shower available after long runs.



**Orientation/Information meeting:
Thursday, July 13th, 7:00pm**

1st Run: Saturday, July 15th, 6am

Coaches:

- * **Carol Virga** was a 1992 Olympic Marathon Trials participant with a PR of 2:43 - 36 marathons and 11 titles.
- * **Tom Vladimir.** Former FAU Head X-country coach. Emory Univ. runner 14 marathons -2:58 PR, USATF Coach
- * **Sara Gomez.**-Top local runner, past Boca High coach, USATF Cert. Coach
- * **Harrie Olsthoorn** - 16:45-5K. 29 years running. Top local runner.
- * **Michael Stone**- FAU Assistant Cross country coach. 16:50-5K
- * **Sam Palestine**, 50 marathons in under 3 hours, Marathon PR 2:38.

All runs take place at:

Runner's Edge

3193 N. Federal Hwy.

Boca Raton

(561) 361-1950

www.Runnersedgeboca.com

Tvladimir@aol.com (Tom)

Runedge@aol.com (Carol)

Runedge@gmail.com(Mike)

Runedge3@gmail.com(Sara)



22nd Annual

Marathon & Half Marathon Training Program

Program Runs:

July 13th.

January 27th

**Runners Of
All Levels
Welcome!**

**Runner's Edge
3193 N. Federal Hwy.
Boca Raton**

Registration Form:

Name_____

Phone #_____Age_____

Date of Birth:_____

Emergency #_____

Email_____

Occupation_____

Address_____

City_____Zip_____

Marathons run_____ PR_____

Run training for_____

Training pace (min/mile)_____

Full Marathon /Half Marathon(circle)

Walk/Run Interval group YES NO

Health issues_____

miles/week you run_____

Shirt size_____ Alumni (Y/N)_____

Our partner in fitness:



**221 E. Palmetto Park Rd,
Boca Raton**

<http://www.synergyfitnessboca.net>

register online www.runsignup.com