

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.
- * 10% discount on footwear & apparel purchased during program.
- * Team performance training shirt.
- * Reduced entry fee for PAL 1/2 marathon, November 6th, 2016.
- * 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.

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



Orientation/Information meeting:

Thursday, July 14th, 7:00pm

1st Run: Saturday, July 16th, 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
- * **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(Eddie)

Race Package Option

Members of our training group can purchase our optional race package which includes:

- * One race entry for Sun Capital Half Marathon/5K 11/6/16.
- * Special Runner's Edge racing team jersey.
- * 50% off race entry fee for the following races:
 - AVDA 10K-10/8,
 - FAU Homecoming 5K- 10/23,
 - PAL Holiday Mile-12/2.
- * \$25 Runner's Edge Gift Card
- * One month unlimited training Synergy Fitness.

Fee \$75. (\$240 value)



Registration Form:

Name_____

Phone #_____Age_____

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)_____

Race package (\$75) Yes No

register online www.runsignup.com

***RUNNER'S
EDGE***
21st Annual

Marathon & Half Marathon Training Program

**Program Runs:
July 14th -
January 28th**

**Runners Of
All Levels
Welcome!**

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