



# RUN STRONG

**\$499/MEMBER**  
**\$599/NON-MEMBER**

Are you ready to run your first 5K or tackle a half marathon? Our *Run Strong* program will help you achieve your running goals with customized running and strength programs. Choose your program and receive **over 60 hours of personalized instruction!** Program runs January 14-May 16.

## **Fresh Start 5k**

If you want to wake up your inner runner, then this is for you! We have designed this program for those who have no recent running experience and would like to accomplish the amazing feat of completing a 5k (3.1 miles) race without walking. Our training program uses the very effective run/walk strategy, gently introducing your mind and body to their potential. You were born to run – come reach your goals with us! Workout details are communicated through the free app Training Peaks, unless otherwise specified. A heart rate monitor is highly recommended but not required for participation, and My Zone monitors are available for purchase at the Ridge Service Desk.

## **Speed It Up 5k**

You can run, but now you want to FLY! Would you like to improve your 5k Personal Record? Let's break you through that plateau and get you to the finish line stronger and faster! This program uses personalized metabolic threshold pacing and heart rate-based intervals to get you where (and when) you want to be. Workouts are fun, dynamic, and the key to your new PR. Workout details are communicated through the free app Training Peaks, unless otherwise specified. A heart rate monitor is required for participation, and My Zone monitors are available for purchase at the Ridge Service Desk.

## **First Half Marathon**

Are you ready to take your running to the next level? Do you dream of hearing your name over the loudspeaker as you cross the finish line of a half marathon? Make 2019 your year! Our small class size brings tons of camaraderie, where people can encourage and support each other through the highly personalized, fun, and dynamic workouts. Workout details are communicated through the free app Training Peaks, unless otherwise specified. A heart rate monitor is required for participation, and My Zone monitors are available for purchase at the Ridge Service Desk.

*Participants cannot bounce between teams with the exception of the make-up strength class for all on Saturdays. The strength portion is mandatory and members cannot opt out of this portion of the training.*

**Sign up at the service desk or at [ridgeathletic.com](http://ridgeathletic.com).**

**Questions? Contact Caitlin Fichtler, RRCA Coach: [csfichtler@gmail.com](mailto:csfichtler@gmail.com) or (406) 600-8669**



## RIDGE RUNNING PROGRAMS

<b>FRESH START 5K</b>	Jan 14-May 15	Monday/Wednesday	5:30-6:15pm	Caitlin
<b>Strength</b>	Jan 15-May 14	Tuesday	5:30-6:15pm	Sean
<b>Strength</b>	Jan 17-May 16	Thursday	5:30-6:15pm	Sean
<b>FRESH START 5K</b>	Jan 15-May 16	Tuesday/Thursday	9-9:45am	Caitlin
<b>Strength</b>	Jan 14-May 13	Monday	9-9:45am	Sean
<b>Strength</b>	Jan 16-May 15	Wednesday	9-9:45am	Sean
<b>SPEED IT UP 5K</b>	Jan 14-May 15	Monday/Wednesday	6-7am	Caitlin
<b>Strength</b>	Jan 15-May 14	Tuesday	6-6:45am	Jane
<b>Strength</b>	Jan 17-May 16	Thursday	6-6:45am	Jane
<b>SPEED IT UP 5K</b>	Jan 15-May 16	Tuesday/Thursday	5:30-6:30pm	Caitlin
<b>Strength</b>	Jan 14-May 13	Monday	5:30-6:15pm	Sean
<b>Strength</b>	Jan 16-May 15	Wednesday	5:30-6:15pm	Sean
<b>FIRST HALF MARATHON</b>	Jan 14-May 15	Monday/Wednesday	9-10am	Caitlin
<b>Strength</b>	Jan 15-May 14	Tuesday	9-9:45am	Sean
<b>Strength</b>	Jan 17-May 16	Thursday	9-9:45am	Sean

**Questions? Contact Caitlin Fichtler, RRCA Coach:**

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Ridge Athletic Clubs

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