

NIFS Fall Half & Full Marathon Training Program

July
19th to
November
1st



NIFS Fall Half & Full Marathon Training Program prepares you for the Monumental Half* or Full** Marathon on Nov. 4th by providing you with a 16 week training program and weekly long runs with a training coach.

What's Included:

- Weekly long runs as a training group with coaching throughout the course
- Coaching on site each week of training and available throughout the program to guide your training and help you determine your training pace
- Other helpful running tips
- 16-week training program developed by endurance specialists with three different experience levels to follow
- Program T-Shirt
- Beverage and snack following the weekly training session

When: July 19th to Nov. 1st. Wednesdays at 6:00p. (Full Marathon distance runs on Saturdays for distances over 12 miles at 7:00a)

*To participate in the **Monumental Half Marathon** you must be able to hold a 15 minute per mile pace for the race. Participants must be able to walk 2 consecutive miles at 15 minute mile pace to participate in the **half marathon** program. Participants are not automatically entered into the Monumental Marathon. Register at www.monumentalmarathon.com

To participate in the **Monumental Marathon you must be able to hold a 15 minute per mile pace for the race. Participants must be able to walk 6 consecutive miles at 15 minute mile pace to participate in the **full marathon** program. Participants are not automatically entered into the Monumental Marathon. Register at www.monumentalmarathon.com



OUR MISSION

The National Institute for Fitness and Sport is committed to enhancing human health, physical fitness, and athletic performance through research, education, and service. NIFS strives to accomplish our mission by encouraging the adoption of healthy behaviors which improve the quality of life for people of all ages and abilities.

Running Coach:

Amanda Bireline, BS, NASM-CPT
Fitness Center Manager, NIFS

Graduated from Houghton College with a Bachelor's Degree in Exercise Science and is a Certified Personal Trainer with the National Academy of Sports Medicine. Amanda's background stems from being a competitive athlete and coach in both soccer and running.

"NIFS Fall Marathon Training Program will prepare you to successfully complete your race! Whether this is your first marathon or your tenth, or maybe you are going for a PR in the half, we will help you along with your fellow program participants to achieve that goal!"
—Amanda

The Fall Marathon Training Program is phenomenal! We practiced all summer into the Fall and I did my first marathon, which I never thought I'd be able to do. It's the training, the instructors that help you—it takes something that seems insurmountable and breaks it down into small pieces to where you actually enjoy the training and develop this ability to do things that you never thought you could do in a million years.

—Angie, Fall Marathon
Training Program participant

REGISTRATION FORM

To register, please return this form and method of payment by your choice of:

Mail: Amanda Bireline
250 University Blvd. Indianapolis, IN 46202

Email: abireline@nifs.org

Phone: 317.274.3432 ext 219

Online: nifs.org

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Email Address: _____

Age: _____ Phone: _____

Current NIFS Member: YES NO

T-Shirt size: S M L XL XXL

T-Shirt Type: Men's Cut Women's Cut

Program Fees

Register June 5 – June 25

Full Marathon
NIFS Member-\$65 Non-Member- \$80

Half Marathon
NIFS Member-\$55 Non-Member- \$70

Register June 26 – July 19

Full Marathon
NIFS Member- \$75 Non-Member- \$90

Half Marathon
NIFS Member-\$65 Non-Member- \$80

Method of payment

Check Cash Credit Card Money Order

Total Enclosed: _____

Please make checks payable to NIFS.

If using a credit card, please complete this information:

__ Visa __ Mastercard __ Discover __ Am Exp

Name on Card: _____

Account Number: _____

Expiration Date: _____ Security Code: _____

Signature: _____

317-274-3432 • Fax: 274-7408 • nifs.org