

# NIFS Fall Half & Full Marathon Training Program

August  
15th to  
Nov. 3rd



NIFS Fall Half & Full Marathon Training Program prepares you for the Monumental Half\* or Full\*\* Marathon on Nov. 3rd by providing you with a 12-week training program and weekly long runs with a training coach.

## What's Included:

- Supervised weekly long runs as a training group
- Pre-program session with experienced endurance coach
- Access to NIFS Fitness Center on Wednesdays and Saturdays
- 12-week training program developed by endurance specialists with three different experience levels to follow
- Program T-Shirt
- Helpful running tips and handouts

**When:** Training will be on Wednesdays at 6p at NIFS.  
Full marathon runners will also meet on Saturday's at 7a for 8 miles or longer distance runs.

\*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 a 15 minute pace to participate in the **half marathon** program. Participants are not automatically entered into the Monumental Marathon. Register at [www.monumentalmarathon.com](http://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 a 15 minute pace to participate in the **full marathon** program. Participants are not automatically entered into the Monumental Marathon. Register at [www.monumentalmarathon.com](http://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.

## About the Coach:

**Brittany Ignas** is excited to be the Coach of this year's Half and Full Marathon Program. As a 2 time marathoner herself, Brittany can relate to the physical, emotional and mental toughness a marathon can bring, but even better the feelings of accomplishing a HUGE GOAL! Brittany has her B.S. in Kinesiology, is 200 hour yoga certified, Stott Pilates Certified and has been teaching and coaching fitness for over 8 years. Her passion is to help others achieve their goals, and that is what this program is about. She is not just going to be there on your hardest runs, she is going to be there to help you recover your body so you can get to the finish, she is going to offer exercises for your brain since we all know a marathon is more mental than physical, and she will be there to support you every step of the way. Join her for a journey to achieving great goals.

*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:** Crystal Belen  
250 University Blvd. Indianapolis, IN 46202

**Email:** [cbelen@nifs.org](mailto:cbelen@nifs.org)

**Phone:** 317.274.3432 ext 273

**Online:** [nifs.org](http://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

### Early Bird - Register June 25 – July 22

Full Marathon  
NIFS Member-\$65 Non-Member- \$80  
Half Marathon  
NIFS Member-\$55 Non-Member- \$70

### Register July 23rd – August 15th

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.

Credit Cards are accepted at the Service Desk.

Register online at [nifs.org](http://nifs.org) under programs.  
**317-274-3432 • [nifs.org](http://nifs.org)**