



Fitness



Get Ready for the Turkey Trot!

And start the holidays a little bit healthier this year

Join this 9 week program which will prepare you to run or walk the Turkey Trot 5k Race on Thanksgiving!

Led by RRCA Certified Running Coach and ACSM Certified Personal Trainer, Mary Chestolowski

Program includes:

- A week by week training schedule
- Weekly group runs/walks with optional 2nd day
- Stretching program
- Strength training program with optional weekly group or individual training for additional charge
- Information provided on shoes, clothing, hydration, nutrition, breathing, running form, race prep and more!
- A personal coach who can assist with questions, injuries, etc.

Who: Beginning to intermediate runners or those wanting to start a walking program.

Dates: Training sessions begin the week of September 24th.

Times: Weekly group runs/walks meet Tuesday morning at 11:30 am, Thursday morning at 9:30 am or Thursday evening at 5 pm...you can flip flop the days/times as needed.

Race: Rochester Turkey Trot, Thursday, November 22nd, 9 am, Soldier's Field Memorial Park, Rochester.

Cost: \$150 plus \$35 race entry fee

Sign up deadline: 9/21/18

Max participants: 8 per time slot

Questions/Register: Email mchestolowski@racmn.com or call (507) 287-9335 ext. 346, and leave a voicemail.

