

The Runner's Image Spring Half Marathon Training Program is a 12 week program designed to help walkers, walk/runners, and runners prepare for a spring half marathon or 10K.

The program is timed to have participants prepared for the Heritage 10K for Casa on April 26th or Run For The Fallen Half Marathon for Gold Star Mission on May 16th.

Although these two events are our "goal" races, we often have participants who are training for other events or are simply training to get and stay fit.

The training fee does not include race event fees.

You will receive:

- Twelve weeks of training support and guidance that will have you ready to complete a spring half marathon
- Supported workouts on Tuesdays and Saturdays
- Special discounts at Runner's Image
- A special, super-comfy hooded sweatshirt
- Lots of fun and camaraderie with fellow training participants and group leaders
- Tuesday night refreshments
Fluid replacement
Pizza snacks at Carlyle Brewing Co.
- Saturday morning refreshments
Fluid replacement
Coffee from Meg's Daily Grind
Hot chocolate and tea



WHERE AND WHEN?

Tuesdays

6:00 pm at Runner's Image
(Please arrive between 5:45 and 5:55
so we can begin at 6:00.)

Saturdays

7:00 am – weeks 1-6 at Runner's Image
6:30 am – weeks 7-12 at Blackhawk Springs
Forest Preserve, South Mulford Road Entrance

WHAT HAPPENS AT "CLASS"?

Come to "class" dressed to walk or run. Wear whatever you feel comfortable exercising in. We will be walking/running outside. Tuesday nights will be dark, you will be required to wear reflective gear and a light for safety.

We'll meet, with very few exceptions, no matter how cold, hot, humid or wet it is. As long as there is no thunder or lightning, we'll try to be outside, so dress for it. You'll be surprised how fun it can be to walk or run in the rain!

We'll divide into pace groups for all Tuesday and Saturday workouts.

Tuesday meetings will include a short workout including a warm up and specific training. Please bring a light and reflective gear.

Immediately following the Tuesday night workout will be a fun, optional "carbo-loading" social gathering at Carlyle Brewing Company.

We'll meet Saturday mornings at Runner's Image or Blackhawk Springs Forest Preserve for longer training distances accompanied by group leaders. Training at Blackhawk Springs Forest Preserve will feature a mixture of paved and unpaved trails.

HOW DO I REGISTER?

Complete the registration form and mail or drop off to:
Runner's Image Attn: Half Marathon Training
219 E. State Street
Rockford, IL 61104

Registration will also be accepted at the Tuesday, February 18th training session at Runner's Image. If there are still any available slots.

QUESTIONS?

I am currently walking at least 30 minutes, 2 times a week. Could I get in shape to walk a half marathon? Yes! We will build up our mileage conservatively. If you are training at that level now, you will be able to finish a spring half-marathon.

I'd like to take part but I've gained too much weight and can't fit into my workout clothes. What should I do? Check with your physician first. If you get the go-ahead, this program will include tips to maintain exercise in your life and to improve your nutrition.

I can already complete 13.1 miles. Should I sign up for the half marathon training program? Yes! The program is designed for participants who want to improve their times or increase their distances.

I've run this program before, why would I do it again? Because, the group is fun, local charities will benefit, and let's face it, everyone needs some motivation.

"The Runner's Image half marathon training program is not only about running, it is about health, self-improvement, and making lifelong friends. This program is for all abilities: walkers, walk-runners, joggers and experienced runners. You will finish this program achieving a better you, reaching new goals and with friends that will inspire, support and encourage you to be the best you that you can be!"

- Deanna Thunberg
2015 through 2019 Training Program Participant