



Marathon Training Series!

Sponsored by Second Sole and Coach Ernie Lewis

Join us starting
Monday November 9th at Second Sole in Levis Commons!

for our Fall Marathon Training Series starting at 6:30 p.m.

Have you ever wanted to run a **half-marathon** or even a **full marathon**?

Or, have you done one in the past and now want to do it better?

Want to train better for GCM?

Well, now is your chance!

- **The Second Sole Marathon Training Series will take place on Monday evenings** to help you prepare for your next race!
- **Also, each weekend there will be a Team Run on Saturday mornings** at 8:00 a.m. at one of several local metro-parks with additional Team Runs as schedule permits.

CLINIC SCHEDULE (clinic starts at 6:30 p.m.)

Nov 9th - Marathon and ½ Marathon Training Basics – Get started the right way!

Nov 16th - Running Form, Core Work, and Staying Injury Free

Nov 23rd - Training Plans and the Right Plan for You

Nov 30th - Speed vs Distance and Getting Faster the Right Way

Dec 7th - Nutrition and Tapering

COST

\$75 for all 5 Clinics includes Tech Shirt, and Customized Training Plan! (\$20 individual clinics)

Team Runs are Free!

TO REGISTER or for more Information please call or e-mail:

Matt Folk at: 419.931.8484 or matt@secondsoleohio.com

or Ernie Lewis at: 419.345.4254 or ernest@ealewisconsulting.com

Sessions will be led by Coach Ernie Lewis, an RRCA and NESTA certified Run Coach and Run Coach for Team In Training and the Leukemia and Lymphoma Society. A marathoner and ultra-marathoner, Coach Lewis is also owner and creator of *Empowered 2 Run*, a running program that shows beginners and advanced runners how to run and how to run better.

