



Marathon Training Series!

Sponsored by Second Sole and Coach Ernie Lewis

Join us starting Tuesday, July 13th, at Second Sole in Levis Commons

for our first marathon training clinic and informational meeting, 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?

Well, now is your chance!

- **The Second Sole Marathon Training Series will take place on Tuesday evenings** to help you prepare for the race of your choice. Each dynamic and instructional clinic will help you train more effectively and efficiently for your next race.
- **Also, each weekend there will be a Team Run on Sunday mornings** at 7:30 a.m. at one of several local metro-parks. We'll show you some of the best places to do your long runs, speed work, and hill training!

CLINIC SCHEDULE (clinic starts at 6:30 p.m., each clinic followed by an optional team run)

July 13th – Marathon and ½ Marathon Training Basics – Get started the right way!

July 20th - Running Form and Staying Injury Free

July 27th – Training Plans and the Right Plan for You

Aug 3rd – The Value of Core Work

Aug 10th - Speed vs Distance and Getting Faster the Right Way

Aug 17th – Tapering Effectively and Race Day Do's and Don'ts!

COST

Just \$10 for each clinic, (\$50 for all 6 clinics in advance, and Team Runs are Free!)

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

Ernie Lewis at: 419.345.4254 or ernest@ealewisconsulting.com

or Matt Folk at: 419.931.8484 or matt@secondsoleohio.com

Sessions will be led by Coach Ernie Lewis, an RRCA and NESTA certified Run Coach. He is a 3:18 marathoner and has completed 28 marathons including Boston and the Oil Creek 100. Coach Lewis is also a local business owner, and owner of *Empowered 2 Run*, a running program that shows beginners and advanced runners how to run and how to run better, and a Run Coach for Team In Training.

