

# BRING ON *THE* RUN

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Welcome to Bring on the Run, our 8 or 16-week Race Training Program! We look forward to training with you! Our training group will meet with our coach, Jason Chuhay, once per week to stretch and run the personalized distance for your goal event. **We will leave for the run at 8:30am**, so if you'd like to stretch with the group please arrive at least 15 minutes early. Three times during the program before our run we will meet at **7:30am for a Group Seminar** on form, nutrition, pacing, injury prevention, and more!

8-week program: May 30<sup>th</sup> – July 25<sup>th</sup> 16-week program: May 30<sup>th</sup> – Sept 26<sup>th</sup>

Week 1	Sat., May 30 <sup>th</sup>	<b>Group Meeting @ 7:30am</b> Group Run @ 8:30am
Week 2	Sat., June 6 <sup>th</sup>	Group Run @ 8:30am
Week 3	Sat. June 13 <sup>th</sup>	Group Run @ 8:30am
Week 4	Sat. June 20 <sup>th</sup>	Group Run @ 8:30am
Week 5	Sat. June 27 <sup>th</sup>	<b>Group Meeting @ 7:30am</b> Group Run @ 8:30am
	Sat. July 4 <sup>th</sup>	NO RUN- holiday
Week 6	Sat. July 11 <sup>th</sup>	Group Run @ 8:30am
Week 7	Sat. July 18 <sup>th</sup>	Final Group Run @ 8:30am
Week 8	Sat. July 25 <sup>th</sup>	<b>Final Group Meeting @ 7:30am</b> Final Group Run @ 8:30am

Week 1	Sat., Aug 8 <sup>th</sup>	<b>Group Meeting @ 7:30am</b> Group Run @ 8:30am
Week 2	Sat., Aug. 15 <sup>th</sup>	Group Run @ 8:30am
Week 3	Sat., Aug. 22 <sup>nd</sup>	Group Run @ 8:30am
Week 4	Sat., Aug. 29 <sup>th</sup>	<b>Group Meeting @ 7:30am</b> Group Run @ 8:30am
Week 5	Sat., Sept. 5 <sup>th</sup>	Group Run @ 8:30am
Week 6	Sat., Sept. 12 <sup>th</sup>	Group Run @ 8:30am
Week 7	Sat., Sept. 19 <sup>th</sup>	<b>Final Group Meeting @ 7:30am</b> Group Run @ 8:30am
Week 8	Sat., Sept. 26 <sup>th</sup>	Final Group Run @ Akron Relay!