



Training Programs - Fall 2019

FitWalkers I

Program Dates: 9/2 to 10/30

Program Schedule: Monday and Wednesday at 6:30 PM

Goal Race: Rockville 5K

Coach: Tammy

Program Fee: \$71.25

FitWalkers Advanced

Program Dates: 9/2 to 10/30

Program Schedule: Wednesday at 6:30 PM

Goal Race: Rockville 5K

Coach: Ruth

Program Fee: \$71.25

No Boundaries 5K

Program Dates: 9/2 to 10/28

Program Schedule: Monday at 6:30 PM

Goal Race: Rockville 5K

Coach: Sandy

Program Fee: \$71.25

Beyond Boundaries 10k (Interval/Run)

Program Dates: 8/27 to 10/29

Program Schedule: Tuesday at 6:30 PM

Goal Race: Rockville 10K

Coach: Sara & Emily

Program Fee: \$71.25

Half Marathon on the Trails

Program Dates: 9/15 to 10/26

Program Schedule: Saturday at 7:30 AM - The first six runs will be Sunday mornings and the final run will be on Saturday October 26th (MCM is on that Sunday)

Goal Race: Ex2 Schaeffer Half Marathon

Coach: Kevin

Program Fee: \$45.00

Questions? Email us at training@fleetfeetgaithersburg.com

For details additional see <http://www.fleetfeetgaithersburg.com/training>