



Training Programs

Fleet Feet Summer 2019

FitWalkers I

Program Dates: 6/24 to 8/28

Program Schedule: Monday and Wednesday at 6:30 PM

Goal Race: Kentland's 5K

Program Fee: \$71.25

FitWalkers Advanced

Program Dates: 6/24 to 8/28

Program Schedule: Wednesday at 6:30 PM

Goal Race: Kentland's 5K

Program Fee: \$71.25

No Boundaries 5K

Program Dates: 6/24 to 8/26

Program Schedule: Monday at 6:30 PM

Goal Race: Kentland's 5K

Program Fee: \$71.25

Beyond Boundaries 10k (Interval Only)

Program Dates: 5/14 to 7/17

Program Schedule: Tuesday at 6:30 PM

Goal Race: Ellicott City 5K/10K

Program Fee: \$60.00

Half Marathon

Program Dates: 6/26 to 9/4

Program Schedule: Wednesday at 6:30 PM and Saturday mornings, time varies

Goal Race: Parks Half Marathon

Program Fee: \$71.25

Full Marathon

Program Dates: 6/26 to 10/23

Program Schedule: Wednesday at 6:30 PM and Saturday mornings, time varies

Goal Race: Marine Corps Marathon

Program Fee: \$120.00