



# GENESIS

## 5K TRAINING PROGRAM

### What

This is a 10-week training program to prepare for the Charleston's Independence Day Race on Friday, July 2. The program is intended for all levels from walkers to experienced runners with the purpose of creating healthy lifestyles. We'll have a week by week training routine for the most basic levels and for experienced runners.

### When

Group training sessions are every Tuesday night at 6:30 pm starting on Tuesday, April 27th until the event date. The rest of the weekly program is done on your own or with a friend.

### Where

Group work-outs are on Tuesday evenings at 6:30 PM at:

1. AJ Middle School Track in Cross Lanes
2. Magic Island in Charleston

The rest of each week's training done in where ever you want—in your neighborhood, park or at another local track.

### What you get

For \$40 per individual (\$30 for Genesis 5K alumni), you receive:

- Weekly group coaching sessions
- Day-by-day program to follow with weekly tips and comments from the coach
- Technical T-Shirt
- Mini clinics on running form, stretching, and proper shoe fit
- The motivation that comes from having a coach and training buddies

### For questions or to sign up:

Visit [www.wvrcoach.com](http://www.wvrcoach.com) -or- contact Matt Young, RRCA Certified Running Coach [matt@wvrcoach.com](mailto:matt@wvrcoach.com); 304.549.4149



You  
**CAN**  
run  
or walk a  
**5K**  
in just  
**10**  
weeks!

**Informational Meetings will be held:** Tuesday, April 13, at the Tyler Mountain YMCA at 6:30 PM • Tuesday, April 20, at the Charleston YMCA at 6:30 PM

