

# Fall 2010 Half Marathon Training

Sundays, September 12 – Nov 7 (no session Oct 10) \$80

Pre-requisite: able to run/walk 10km

Training based on 10 & 1 intervals: 10 min run, 1 minute walk

9 week program includes sports specific core, strength and flexibility

Instructors: Mary Letson and Shauna Jennings

Train for Big Sur Half Marathon Monterey, California!

Sunday, November 14, 2010

Travel Arrangements Available

Entry, 3 nights accommodation and flight: approximately \$650