

1/2 Marathon Training Program

Trainer: Dena Cyr

USATF level 1 Running Coach

Owner/Master Trainer Operation Boot Camp

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About Me:

Training and keeping fit has been a part of my life for as long as I can remember. Making fitness a career, began 3 years ago. I am 43 years old. I began running track in High School. As I grew older, distance running and the power of endurance became my passion. I began with 5k's, 10k's and graduated to completing a series of 1/2 Marathons. I thought I was at the height of my accomplishments, until, my husband and I decided to run our first Marathon together in 2001. Four years passed - I made the decision to do another...a feat for some is incredible if even done only once! My goal was to feel better and stronger than I did with my first. Fast forward 10 years: I have completed 11 Marathons with 2 more on the horizon in Feb and March of this year, and 3 Ultra events (50k distance). My personal goal is to qualify for the prestigious Boston Marathon.

Three years ago, I purchased a Franchise with Operation Boot Camp (OBC) and became a Master Trainer. OBC, is a 30 day outdoor fitness and nutrition program for all levels of fitness. Cross Training should be an integral component to your running. It makes you stronger, faster, and lends itself to your endurance. Proper nutrition is another key element to successful running to include stride work and getting educated on the proper shoe.

I have had many successes and humbly, many disappointments as well. It is because of these wins and trials that I am thrilled to have the opportunity to train YOU!

What do you receive with my training?

Package Rate. \$75.00/person

Training begins: Saturday, March 12, 2012

Package Includes:

- 12 week training schedule to include your weekly runs/days of rest and group long run on the weekend
- Shoe Clinic, Runner's Fit of Braselton where you will receive proper evaluation for the type of shoe you need and your running foot placement
- Nutritional Coaching & Fueling - ongoing to include how to fuel before and during your event
- Stride work to avoid injury
- Weekly, group training runs

See you on the road!

Dena