



**FLEET FEET SPORTS HEART MINI MARATHON 15K & 5K TRAINING PROGRAM**  
The *OFFICIAL* Training Program of the Mini Heart Marathon  
March 28, 2010

**THE FLEET FEET SPORTS 15K TRAINING PROGRAM**

**GENERAL OVERVIEW**

The Fleet Feet Sports Heart Mini Marathon Training Program is the official training program of the Mini Heart Marathon. Fleet Feet Sports has been offering training programs from the 5K distance up to the Marathon distance for more than eight years. The 2010 Mini Heart Marathon program is a 12 week training program for the 15K & 5K events that is designed for **ALL LEVELS** of runners and walkers.

*The 15K program begins on Tuesday, January 5, 2010 and the 5K program begins on Saturday, January 9, 2010.*

The Fleet Feet Sports 15K Training Program will prepare you to run, run/walk or walk the 9.3 mile distances during the Heart Mini Marathon on March 28, 2010. Participants receive: weekly coach-led workouts; a weekly training schedule; a FREE injury screen from Oxford Physical Therapy; shopping specials; a technical training top; entry to the Heart Mini Marathon; a great group of folks to run or walk with; and much more!

If you are looking to achieve new goals, set new limits, meet new friends and enjoy an experience of a lifetime than the Fleet Feet Sports Program is for you!

**THE BASICS**

- The Fleet Feet Sports 15K Training Program will begin on Tuesday, January 5, 2010 @ 6:30 p.m. @ Fleet Feet Sports.
- Workouts will be held on Tuesdays @ 6:30 p.m. and Saturdays @ 7:30 a.m. All workouts will be held at Fleet Feet Sports unless noted on the schedule. It is expected that there will be 2-3 Saturday workouts held off-site during the training period for the Mini Heart Marathon.
- Registration for the Fleet Feet Sports 15K Training Program will remain open until January 30, 2010.

## **WEEKLY WORKOUTS**

- Workouts will be held weekly on Tuesdays @ 6:30 p.m. and Saturdays @ 7:30 a.m.
- All workouts will be coach-led. Participants will be divided into small groups of runners, run/walkers and walkers. The groups will be organized by pace and level. These groups will be assigned several weeks into the program so that our coaching team has time to assess each participant's fitness level and goals.
- The Tuesday workouts will focus on different skills (i.e. hills, pacing, form, etc.).
- The Saturday workouts will focus on endurance and distance.
- In addition, there will be a fun run/walk offered on Thursdays at Fleet Feet Sports @ 6:30 p.m. (The Thursday workouts will not be coach-led and are considered optional).

## **EDUCATIONAL COMPONENT**

- 2-3 Training Topic Sessions will be offered. These will be one-hour educational seminars focused on areas of training such as injury prevention, preparing for race day and proper nutrition.
- Participants will receive weekly emails with training tips, educational information, healthy recipes and general information and announcements about the training program.

## **COACHING**

- The coaching team for the Fleet Feet Sports 15K Training Program is led by Karen Cosgrove, owner and founder of Miles that Matter, long-time marathoner and coach.
- The Fleet Feet Sports 15K training program offers a training ratio of approximately 1 coach to every 10-12 participants.
- Coaches are representative of the two training levels (novice and experienced) and also are specific to runners, run/walkers and walkers.
- All of the coaching team has experience with endurance events and distances including the 15K, the ½ marathon and the full marathon distance.

## **OTHER BENEFITS**

- All participants will receive a 12-week training schedule to follow. Two training levels will be offered – a novice and an experienced program. Both programs are designed for runners, run/walkers or walkers. The schedule will serve as a guide for all weekly workouts as well as a guide for when to cross-train and when to rest.
- All participants will receive a Moisture Wicking Training Shirt that is gender specific and great for race day!
- All participants will receive a One-Day Shopping Pass for Fleet Feet Sports – good for savings on your training shoes, apparel and accessories.
- All participants will receive a FREE injury screen from Oxford Physical Therapy.
- All participants will be eligible for periodic raffles and giveaways.

## **PROGRAM COST**

- The cost of the Fleet Feet Sports 15K Training Program for the 2010 Mini Marathon will be \$150. This includes the entry fee for the Mini Heart Marathon.

## **HOW TO SIGN UP**

- To register for the program, participants can go on-line to [www.fleetfeetcincy.com](http://www.fleetfeetcincy.com).
- Participants can also download an application at [www.fleetfeetcincy.com](http://www.fleetfeetcincy.com) or [www.milesthatmatter.com](http://www.milesthatmatter.com).

**Fleet Feet Sports** is a specialty running/walking store located in Blue Ash since 2001. We have been providing training programs since we opened our doors. At Fleet Feet Sports, you will find a welcoming environment where runners, walkers and fitness enthusiasts of all abilities receive unparalleled service and support. Our Fitlosophy is to help our customers find the right "FIT" in every facet of their active lifestyle!

**Miles That Matter** offers comprehensive training programs for all levels and abilities. These programs are designed to help people meet their individual fitness goals while also having the opportunity to make a difference in other people's lives. Miles That Matter Programs combine training for running and walking events with charitable giving. Karen Cosgrove is the founder of Miles That Matter. She was a two-time Olympic-Trials Qualifier and has run more than 100 marathons. Karen is the head-coach for the Fleet Feet Sports Miles That Matter Training Program.