



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 & 5K VIRTUAL TRAINING PROGRAM

GENERAL OVERVIEW

The Fleet Feet Sports Mini Heart Marathon Training Program is the official training program of the Mini Heart Marathon. Fleet Feet Sports has been offering training programs for 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. The 15K program begins on Tuesday, January 5, 2010 and the 5K program begins on Saturday, January 9, 2010. These programs are designed for **ALL LEVELS** of runners and walkers.

For the 2010 events we are adding the option to train with us via our Virtual Training Program. This means that you get to be part of our team and receive on-line coaching support but you have the option to run or walk on your own time in a location that is most convenient for your schedule!

THE BASICS

- The Fleet Feet Sports 15K & 5K Virtual Training Program will begin the week of January 11, 2010.
- Virtual Trainers will receive a weekly e-mail, access to an on-line coach and exclusive Fleet Feet Sports shopping passes good only for use by the Virtual Trainers.
- Members of the Fleet Feet Sports Virtual Team will have the option to purchase a Virtual Training Top & to join us at Fleet Feet Sports on Thursdays at 6:30 p.m. for a Fun Run/Walk.
- Registration for the Fleet Feet Sports 15K & 5K Virtual Training Program will remain open until January 30, 2010.

THE BENEFITS

- All participants will receive a 12-week training schedule to follow. Two training levels will be offered – a novice and an experienced program for the 15K and 5K distances. 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.

- Participants will have access to an exclusive “Ask the Coach” training component. Training questions will be directed to our team of coaches via emails and will be answered within a 24-48 time period.
- Participants will receive weekly emails with training tips, educational information, healthy recipes and general information and announcements about the training program.
- Participants will have access to an exclusive “Ask the Coach” training component. Training questions will be directed to our team of coaches via emails and will be answered within a 24-48 time period.
- All participants will receive a One-Day Shopping Pass for Fleet Feet Sports – good for savings on your training shoes, apparel and accessories and other periodic shopping passes exclusive to the Virtual Trainers.
- All participants will receive a FREE injury screen from Oxford Physical Therapy.

PROGRAM COST

- The cost of the Fleet Feet Sports 15K & 5K Virtual Training Program for the 2010 Mini Marathon will be \$25.
- Virtual Trainers may purchase a Long Sleeve Training Moisture Wicking Top for an additional \$12 fee.
- Participants will register separately for the Mini Heart Marathon and will be given a team code/name to use for on-line registration.

HOW TO SIGN UP

- To register for the program, participants can go on-line to www.fleetfeetcincy.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!