

Training Programs

Once again FLEET FEET is happy to help you meet your training goals all year long! Whether you're just getting motivated to get off the couch and finally do that 5K or trying to PR a Fall marathon, we've got something for you!

For the third year running, we'll be offering the NO-BOUNDARIES 5K Training Program which culminates with the Race For Hope DC benefiting brain tumor research in early May. For people who are already comfortable with the 5K distance, maybe you should consider our RUN FIT 10K Training Program. Leading up to the Lawyers Have Heart 10K Race in June, this is a great program to carry you through Spring and into Summer.

Because Fall brings the longer distance races, FLEET FEET will once again be offering a RUN FIT 10 Miler Training Program leading up to the Army Ten Miler and a RUN FIT Marathon Training Program for those set on running the Marine Corps Marathon in late October.

This year, we're encouraging everyone to not only get yourself to one of our programs but to BYOB--bring your own buddy! Like most things in life, running is more fun and meaningful when you do it with a friend. Having a support system is crucial to success and we encourage you to keep this in mind as you pursue your training goals in 2010!

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The NO BOUNDARIES; 10 Week 5k Run/Walk Training Program offers participants weekly training schedules, once-a-week group run/walk training sessions, guidance and advice from experienced coaches and information on topics such as proper running form, progression, nutrition, choosing the right gear, and avoiding injury, all within a fun and supportive environment. NO BOUNDARIES; training sessions will begin on Sunday February 27, 2011 at FLEET FEET SPORTS Adams Morgan in Washington, DC. The Training Program will then meet for one-hour training and information sessions every Sunday at the same place and time for the following 10 weeks. An informational session will be held at FLEET FEET SPORTS Adams Morgan at 1841 Columbia Rd NW in Washington, DC on Sunday, February 20, 2011. Here, you'll get all the details of the program and have the opportunity to ask any questions you might have. We're encouraging everyone to BYOB--bring your own buddy! Like most things in life, running is more fun and meaningful when you do it with a friend. Having a support system is crucial to success and we encourage you to keep this in mind as you pursue your training goals in TwentyTen! NEW BALANCE is sponsoring the NO BOUNDARIES; 10 Week 5k Run/Walk Training Program along with FLEET FEET DC Runner's Club, and will provide each participant with a moisture-wicking shirt and other goodies! FEE \$100

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RUN FIT

Half-Marathon Training Program The FLEET FEET Sports RUN FIT Half-Marathon Training Program is a 13 week program designed for all runners wanting to increase their endurance and develop their pacing skills for this distance. The FLEET FEET Sports RUN FIT Half-Marathon Training Program is designed for both beginning runners looking to continue training from a 5K or 10K level and for intermediate/ advanced runners looking to develop and strengthen their skills for this distance. This program offers a complete 13 week training schedule which includes a group training session every Saturday morning plus an optional second group workout at the track each Tuesday morning. This program offers guidance and support from experienced coaches on proper running footwear and apparel, running form, progression and pace, injury prevention and nutrition. An informational meeting will be held at 11 AM at FLEET FEET Sports Adams Morgan, 1841 Columbia Rd NW Washington, DC 20009 on Sunday July 18, 2010. The first group workout will be 7:30 AM on Saturday, July 24 at FLEET FEET Sports, Adams Morgan. The FLEET FEET Sports RUN FIT Half-Marathon Training Program is presented by FLEET FEET DC Running Club, in association with adidas RUNNING, and all participants will receive a moisture wicking T-shirt and another free gift from FLEET FEET Sports! FEE \$159 REGISTER NOW!

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 RUN FIT 10 Miler Training Program FLEET FEET Sports Adams Morgan in Washington, DC, in association with adidas RUNNING, is offering the RUN FIT 10 Miler Training Program, a 13 week training program for all runners. The RUN FIT 10 Miler Training Program is designed for beginning runners looking to continue training from a 10K level and for intermediate and advanced runners looking to develop and strengthen their skills for 10 Mile races.

This program offers a 13 week training schedule, twice a week group training sessions, guidance and support from experienced coaches on proper running footwear, form, progression, and nutrition. Training sessions will be held Saturdays at 8:00 AM at FLEET FEET Sports Adams Morgan beginning Saturday, July 31st, 2010 and Thursday

evenings at 7pm at Benjamin Banneker High School Track. The RUN FIT 10Miler Training Program will culminate with the Army Ten Miler on Sunday, October 24, 2010. RUN FIT 10 Miler Training Program participants will be responsible for their own entry into this event. FLEET FEET DC Running Club, in association with adidas RUNNING, is sponsoring the RUN FIT 10 Miler Training Program and will provide each participant with a moisture-wicking shirt and other goodies! A \$150 registration fee will cover all aspects of the training program. Race entry fee is separate. A RUN FIT 10 MILER Training Program informational meeting will be held at 9AM at FLEET FEET Sports Adams Morgan, 1841 Columbia Rd NW Washington, DC 20009 on Saturday, July 24, 2010.

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RUN FIT 10K Training Program FLEET FEET Sports Adams Morgan in Washington, DC, in association with adidas RUNNING, is offering the RUN FIT 10K Training Program, an 8 week training program for all runners. The RUN FIT 10K Training Program is designed for beginning runners looking to continue training from a 5K level and for intermediate and advanced runners looking to develop and strengthen their skills for 10K races. The RUN FIT 10K Training Program offers an 8 week training schedule, twice a week group training sessions, guidance and support from experienced coaches on proper running footwear, form, progression, and nutrition. Training sessions will be held Saturdays at 8:00 AM at FLEET FEET Sports Adams Morgan and Thursday evenings at 7pm at Benjamin Banneker High School Track. adidas RUNNING is sponsoring the RUN FIT 10K Training Program along with FLEET FEET DC Running Club, and will provide each participant with a moisture-wicking shirt and other goodies! A \$100 registration fee will cover all aspects of the training program. Race entry fee is separate.

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RUN FIT Marathon Training Program FLEET FEET Sports Adams Morgan offers marathon training programs twice a year for the Summer/Fall and Winter/Spring marathon seasons. The Summer/Fall RUN FIT Marathon Training Program is a 17 week Marathon Training Program for all runners beginning Sunday, July 4, 2010 at 8:00 AM at FLEET FEET Sports Adams Morgan and culminating with the MARINE CORPS MARATHON on Sunday, October 31, 2010 in Arlington, VA. The schedule is specifically designed for MCM participants, but any runner looking to do an October or November marathon can benefit. The Summer/Fall RUN FIT Marathon Training Program is designed for beginning runners looking to continue training from a 10K level and for intermediate and advanced runners looking to develop and strengthen their skills for Marathon distance. Runners should currently be able to run or run/walk 4-5 miles at a conversational pace. Runners will meet each Sunday morning @ 7:30 for group long runs and have the option to participate in an additional track workout on Thursday evenings and/or an additional group run on Saturday mornings. This program offers a complete training schedule, group training sessions, guidance and support from experienced coaches on proper running footwear and apparel, form, progression and pace, injury prevention and nutrition. The Summer RUN FIT Marathon Training Program is presented by FLEET FEET DC Running Club, in association with adidas RUNNING, and all participants will receive a moisture wicking T-shirt and an additional gift from Fleet Feet Sports! We will offer a RUN FIT Marathon Training Fun Run on Sunday morning, June 13th at 9AM. The purpose of the run is to chat with our staff and coaches about the program and to offer the chance to register in-store. We will also offer an information session at 11 AM Sunday, June 13th. We can sit down and review program details and answer any questions you might have about RUN FIT Marathon Training. An informational meeting will be held at 11 AM at FLEET FEET Sports Adams Morgan, 1841 Columbia Rd NW Washington, DC 20009 on Sunday June 13, 2010. The first group workout will be 7:30 AM on Sunday, July 4 at Fleet Feet Sports, Adams Morgan. Runners who register early will be eligible for a bonus three weeks of online training beginning June 13th through July 3rd. We are offering this additional training to ensure runners have the opportunity to start out on the right foot with a great base of training for the upcoming season. The three week bonus will be supported with weekly newsletters and email access to the lead coach for questions and answers. REGISTRATION IS NOW CLOSED ~~~~~  
Recent Reviews Fleet Feet Sports Fall Marathon Training Program reviews