

LIQUIDGYM[®]

REHAB AND TRAINING CENTRE

LEARN TO RUN FASTER!

WHERE: LiquidGym (34 Stafford Road)

START DATE: Thursday, June 8, 2017

END DATE: Thursday, September 7, 2017

TIME: 6:15 PM

COST: Fee for the 14-week program is
\$110 for Adults
\$95 for Students & Seniors
plus an annual membership fee of
\$25 for Adults / \$20 for Students & Seniors
if you do not currently have an active
LiquidGym membership



PRESENTED BY SHERRY CARSON

Sherry has competed in all race distances and has been part of the BC and NS provincial teams competing in the Canadian National 10k Championships. In 1994, she was named BC Master XC Runner of the Year and in 2010 was awarded the Ottawa Lions Road Racer of the Year. Sherry has competed at 2 World Master's ½ Marathon Championships finishing 2nd in her age category both times. Her career race totals include 50 5k's, 90 10k's, 43 ½ marathons and 8 marathons with a marathon PB of 2:54:50. She has obtained her Level 2 NCCP Coaching Certification and her Level 1 TRX Suspension Trainer Certificate. Sherry is a CanFitPro Certified Personal Trainer as well as having her Functional Movement Screen Level I and II Certification.



Are you a runner who would like to improve your race times or just become a faster, stronger runner?

If you can comfortably run 8-10 km already, this class is for you.

DETAILS

- The class will be held once a week with the expectation participants will be running two to three times on their own during the week in addition to the class.
- Training will involve speedwork in the form of track workouts, hill workouts, and fartlek training to enable you to build your endurance and improve your running performance.
- A group setting makes the workouts much easier and more manageable than trying to do them on your own.
- We will run 10-11 km in total during the class which will encompass warmup, interval training, and cooldown.

BONUS!!

All registered participants will be entitled to a free drop-in session to a 1 hour AquaRun class!

Space is limited so register now to reserve your spot.

Come prepared to run
rain or shine!

LIQUIDGYM REHAB & TRAINING CENTRE

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