

## YMCA Running Program

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### **Is this the training for the Home of Purdue Half-Marathon?**

No, training for Purdue Half-Marathon will begin early Summer

### **When does the program start?**

Group Training begins: Saturday, January 30, 2010

### **Where do we meet?**

The YMCA front lobby @ 8 am

### **What is the cost?** \$25/member & \$40/non-member

*(we apologize for the misprint on pricing in our Winter Program Guide & any inconvenience)*

**Where do I register?** at YMCA Program Desk; open 8am-7pm; Mon-Fri.

### **What does our running program include?**

- detailed training schedule
- access to all group trainings
- t-shirt
- post-race party

### **What is a detailed training schedule?**

-Mon-Sun: work out regimen-takes the guess work out of your daily trainings

### **What is a group training?**

-one or two work outs per week for speed work/ long runs as a group

### **Should I buy new shoes and work out attire before program starts?**

-NO! Why, included will be a shoe clinic and discussion of running attire.

### **What will be the method of communication?**

-contact through email, unless otherwise stated. Feel free to contact :

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