

Rebecca's "Run the Lake Programs" are for those that have never run or for those that need a little push to run further. Yes, that means ALL WALKERS ARE WELCOME. The goal is to have you running 3 miles by the end of Program #1 and running 6 miles by the end of Program #2.

Rebecca's "Run the Lake Program #1"

The Goal is to be able to finish Lake Hollingsworth by the end of the program.

Goal #1 - Tackle Lake Mirror

Goal #2 - Dominate Lake Morton

Goal #3 - Success at Lake Hollingsworth

Each goal requires 4 weeks of commitment. This can be individually tailored based on your progress.

Rebecca's "Run the Lake Program #2"

The Goal is to be able to finish all the lakes by the end of the program.

Goal #1 - Tackle Lake Mirror and Morton

Goal #2 - Dominate Lake Hollingsworth

Goal #3 - Success at Lake Hollingsworth and Morton

Goal #4 - Finale at Lake 2 Lake by completing Lake Mirror, Lake Morton, and Lake Hollingsworth!!!

Each goal requires 4 weeks of commitment. This can be individually tailored based on your progress.

You can start either of these programs at anytime.

Every Monday at 6pm we will meet at Lake Mirror to track progress and kick off your training week.

This program is at your individual pace and will be personalized with specific workouts each week to meet the goal.

The cost of this program is \$10/week and includes a Faith Runners t-shirt.

GO TO www.FAITHRUNNERS.NET AND SEND ME YOUR CONTACT INFO. I WILL GET YOU STARTED ASAP!!!!

All PCSB Employees receive a 25% discount!!!