

No Boundaries

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No Boundaries

FALL 2010

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CONGRATULATIONS SPRING NO BOUNDARIES! YOU COMPLETED THE PROGRAM AND FINISHED THE KOMEN RACE FOR THE CURE STRONG!!!

FALL 2010 NO BOUNDARIES

REGISTRATION IS NOW OPEN!

No Boundaries is a nationally recognized beginners 5K training program sponsored by Fleet Feet Sports and New Balance. It is a 12-week program for beginners hoping to run or walk their first 5K race, culminating with our goal race the Free to Breathe 5K on November 6th. Experienced coaches and a great team of volunteers introduce participants to the lifetime fitness activities of running and walking to encourage them to live healthier lifestyles.

NEW BALANCE VIDEO ON THE NO BOUNDARIES PROGRAM

Who is the program for?

No Boundaries is for ANYONE who is beginning an exercise program and wants to walk, walk/run, or run a 5K in 2010. The program begins with workouts of 1 mile and gradually increases to 3.1 miles. You should be able to complete this distance at the end of the program (even if you have to walk, that's OK!).

Three training plans with a best fit for YOU:

- Runners: for people who have a little running experience and can currently run 1 mile or run 1 mile with periodic walking breaks.
- Run/Walkers: Are you currently run/walking but have always wanted to run? This is the program for you. The training plan starts with run/walk intervals of running for 1 minute and walking for 2 minutes, and gradually works up to walking for 1 minute and running for 4 minutes. There is also an option to run/walk and gradually build up your intervals so you are running the entire distance.
- Walkers: Same distances as everyone else, but we'll focus on walking and walking form.

Not sure which group you belong in? We are flexible and can change your group as you progress during the season.

No Obligation Information Meetings:

July 13 at 7PM

July 23 at 9AM

August 10 at 7PM

August 17 at 7PM

All information meetings are at Fleet Feet Sports

What is the cost of the Program? \$85 for the program until August 17th, \$90 thereafter (this does NOT include your race registration fee, but you'll get some great gear).

What will I get out of the program?

- Technical shirt
- Weekly educational Seminars on nutrition, running gear, stretching, cross training, and more
- Coaching two days a week with a detailed training plan
- Great opportunity to meet running, run/walking, and walking partners
- Introduction to running routes on area trails and neighborhoods

How do I sign up?

In store or online [CLICK HERE](#)

Mentors Needed!

If you can currently walk/run or run a 5K- we will need your support for our Fall 2010 program. Mentors lead their groups in weekly workouts and provide motivation, encouragement, and tips to improve the success of participants. This is a great experience that comes with its own rewards.

Interested in Mentoring?

There will be a Mentor Fun Run at 6PM and a mandatory Information Clinic on August 3rd at Fleet Feet Sports.

If you're interested, please contact Jen at Jen.Owen@fleetfeetraleigh.com.