



# Greater Saint John Runners Club

## Indoor Training Programs

### Irving Oil Field House

November 2, 2019 – March 20, 2020

Starting in November, the Saint John Track Club will be starting expanded programming in the new field house in Saint John for community runners through the establishment of the Greater Saint John Runners Club. Our goal is to help build the running community to promote fitness, provide coaching to help runners achieve new personal bests, and help all athletes reach their potential.

Registration Starting September 15<sup>th</sup>

### The Training Sessions:

- Programs are offered for 16-18 weeks = 30-35 sessions
- Three sessions per week on Monday, Wednesday & Saturday
- Group coaching with training focused on promoting physical fitness and improving race results.
- Sessions will help build endurance, develop speed, strength & mental skills in preparation for racing.
- Where: Irving Oil Field House – 129 McAllister Dr., Saint John NB

### The Benefits of joining

- Enjoy a team training atmosphere where you can learn & improve your fitness
- Gain access to the new indoor training facilities for less than \$5 per session
- Socialize with the group with Lunch/Coffee after Saturday practice and other social events
- Network with other runners to learn and coordinate group travel to road competitions

Age Group	Program Name & Description	Times of year	Sessions/week Total Sessions	Cost / Program
Age 30+	<b>Greater SJ Road Runners</b> - Endurance Program for athletes competing in road running, triathlon or other endurance competitions comfortable with a group coaching environment. Various workouts options will be provided for each sessions depending on your ability with the goal being to build endurance, develop speed & strength.	Nov - March	30-35 sessions over 12-16 weeks  Monday / Wednesday 5:30 – 7:00 pm Saturday 10:00 – 11:30 am	\$150

**Online Registration:** [www.trackiereg.com/SJIndoorPrograms](http://www.trackiereg.com/SJIndoorPrograms)

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