

**2010 NEW JERSEY MARATHON &
2010 LONG BRANCH HALF MARATHON
TRAINING PROGRAM
By Shore Runner, Gold's Gym & NJRRC**

COST

Long Branch & Monmouth Beach Residents: FREE

All others: \$50 (to be refunded upon successful completion of program as a Shore Runner gift card)

Informational Session & Shoe Clinic

January 12, 2010 or January 18, 2010

7 p.m.

Shore Runner Pier Village

Program Start

Week of January 25, 2010

Supervised/Instructed Runs

Every Wednesday evening, 7 p.m., Shore Runner Pier Village

(So the first run is Wednesday, January 27)

Every Sunday morning, 8 a.m., Shore Runner Pier Village

Supervised/Instructed Cross Training Sessions

Every Monday evening, 7 p.m., Gold's Gym Pier Village

(you do not have to be a member to participate in these)

The Half Marathon training program is open to all runners, all levels.

*All Marathon training program participants must have completed
at least one half marathon in order to participate.*

REQUIREMENTS:

Signed Waiver

Signup Sheet

Minimum 3 runs per week commitment

Good Running shoes

PROGRAM PARTICIPANTS RECEIVE:

10% Discount at Shore Runner

14-Week Training Program

Cross-Training Program/Tips

Special Race Signup Fees

Weekly Running Tips

2 Supervised Runs Per Week

1 Supervised Cross Training Per Week

In-Training T-Shirt at initial info meeting and signup

In-Training Runners Hat after 8 successful weeks