

Cubicle to 5k

Run Fit Corporate Training Program

This Run For You training program is ideal for those companies interested in offering their employees an opportunity to get fit through a running training program and learn of all the benefits that running can bring. Training can be customized to the company's needs and time frames. The goal of this program is to be able to complete the 5K (3.1 mile) distance.

8 week program

Experienced & Motivating Coaches

Train near your office or nearby greenway

Low cost per employee



Who can participate:

All Employees! All abilities are welcome; runners as well as walkers. As this is geared to beginning runners, the training plan is written for this audience. Advanced runners, while welcome, will find the training schedule relatively easy. We will work to help them with their goals to the extent we can.

Cost:

\$1999
Up to 20 company participants
(\$12.50 per participant per week)

For groups of more than 20, the cost per each participant over 20 is \$80 (\$10 per person per week)

Benefits

- A results driven running training program;
- Customized, weekly training schedule;
- Run For You performance t-shirt;
- Weekly e-communications that include workouts, motivation, upcoming week's schedule, and success stories;
- 15% Discount at Run For Your Life stores while in the training program;
- 10% Discount on Run For Your Life owned events while in the training program;
- Pre-run educational seminars on running topics including injury prevention, nutrition, hydration, and running form;
- A program that makes running fun, safe, and rewarding!



Run For You also provides other group training programs for other distances: Half Marathon and Marathon and other individual goals!

want more information?

Visit us online: www.runforyourlife.com

Stop in at your favorite Run for Your Life location

Email Joe Schlereth: joe@runforyourlife.com

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