



Collins Aerospace

REC CENTER



REC CENTER RUNNERS

HALF & FULL MARATHON TRAINING PROGRAM

Conquer the half or full marathon distance with guidance, company & motivation!



JANUARY 6TH-APRIL 26TH

Mondays &
Wednesdays
5:00 pm

OR

Tuesdays &
Thursdays
6:30 pm

**SIGN UP THROUGH THE
ONLINE PORTAL OR APP!**

PROGRAM INCLUDES:

- 16 week training plan
- Weekly emails from your coach
- 2 weekly coach-led training runs
- Prizes for attendance
- A group of new friends to train with!

\$80

Eligible non-members may purchase the program and receive a 3-month Rec Center membership (full use) for \$192! Fee does not include race registration.