

Fitness Heights Running Group and Caribbean Sounds Race Training

<i>Saturdays</i>	<i>Weeks</i>	<i>Location</i>	<i>Beginner 5K Training</i>	<i>Intermediate 10K /10 Mile/Half Training</i>	<i>Mon 6:30 pm or Wed. 5:30 am Training</i>
Basebuilding Sharpening					
15-May	1	Cardozo High School	3	6.5	Speedwork
22-May	2	Marriott Key Hotel	4	8	Speedwork
29-May	3	Holiday Weekend			Speedwork
5-Jun	4	Race Day: Race for the Cure	3.1	5	Speedwork
12-Jun	5	Rock Creek Park	3.1	5	3 miles/Beg. 5 miles Int.
Tapering					
19-Jun	6	Rock Creek Park	4	6.2	3 miles/Beg. 5 miles Int.
26-Jun	7	Rock Creek Park	5	6.2	3 miles/Beg. 5 miles Int.
3-Jul	8	Holiday: No Run			3 miles/Beg. 5 miles Int.
**7/10		Race Day	3.1	6.2	
Race Day!					
	Total Accumulated Miles		25.3	43.1	
All Scheduled Sat Runs will start at 6:30 am		See dates/locations above			
	No Runs on Holiday Weekends				
	Wednesdays 5:30 am		Galludet Univ		
	Monday 6:30pm		Howard U/Slowe Hall		
Running Clinic Dates		Day of Week	Date	Location	Time
1	New Runners: Proper Gear and Training Plan	Sunday	5/16/2010	Georgetown Running Company	3 to 5 pm
2	Fitness Heights Training Kick Off Orientation	Monday	5/17/2010	Howard University Slowe Hall	6:30 to 8pm
2	Nutrition and Hydration for Hot Weather	Wednesday	5/19/2010	Teleconference	8 to 8:45 pm
3	Training Tips Teleconference	Wednesday	5/26/2010	Teleconference	8 to 8:45 pm
4	Preparing for Race Day	Tuesday	6/1/2010	YMCA National Capital	6:30 to 7:30 pm
5	Marathon Runners Share Tips	Wednesday	6/9/2010	Teleconference	8 to 8:45 pm
6	Pre and Post Race Nutriton Brunch	Sunday	6/13/2010	Sankofa Café, Washington, DC	2 to 5 pm

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	<i>Basebuilding</i>				
	FHI Team Sign ups				
1	Laps For Haiti	Sunday	5/23/2010	Cardozo HS, Washington, DC	
2	Race For The Cure	Saturday	6/5/2010	The Mall, Washington, DC	
3	Zooma Annapolis 10K/Half	Sunday	6/6/2010	Annapolis, MD	
4	Caribbean Sounds 5K/10K	Saturday	7/10/2010	Rock Creek Park, DC	
5	Caribbean Sounds 5K/10K	Sunday	7/11/2010	Rock Creek Park, DC	
6	Annapolis Ten Miler	Sunday	8/29/2010	Annapolis, MD	
7	Nova Scotia Toronto Half Marathon	Sunday	9/19/2010	Toronto, Canada	
8	Jamaica Reggae Fest	Saturday	12/4/2010	Jamaica	
			Note: Team runs are optional and require separate fee.		
			We encourage you to purchase the Race Day Shirt in these events.		
FHI Gear	Fitness Heights Race Day Shirt	25			
	Fitness Heights Water Bottle	5			
		30			
FHI Nutrition	Fitness Heights Running Supplement Pkg	Order from Coach			
	Sustain Hydration Drink	15			
	Protein Powder	30			
	Multi-Vitamin	30			
	Glucosamine Supplement	20			
	Total Cost	95			
	Call Fitness Heights at 202-262-8267 for Team Signups, Supplements and to purchase your race day shirt.	Supplement your group training with 1 to 2 days of Personal Training			
	http://www.fitnessheights.com				
	http://www.caribeansoundsrace.com				