



Shamrock 8K/Half Marathon Training Group

Join the Sentara Shamrock training group!

Cost: **FREE** - Members and nonmembers are welcome.

Jump Start Run/Breakfast: **Saturday December 13, 2008**

Group Runs: Subsequent Saturdays or Sundays each weekend – schedule will be provided

Core/Plyometric training: meets once a week

To register, contact Karen Stadler or Steve Tyndal at kstadler@powerwellness.com or 766-2658.



Base Skill level recommended by January:

8K: Walk/Run at least 2 miles

Half-Marathon: Run at least 3 miles

A training schedule will be provided for the 8K and Half-Marathon supported by group runs on each weekend leading up to the Shamrock event. Staff will be available as consultants to participants as necessary.