



PRESENTS...



## 5K & Half Marathon Training for Non-Runners

16-week training program  
(June 15<sup>th</sup> – October 10<sup>th</sup>)

Weekday and Weekend  
Group runs

Total cost \$200

Would you like to run a 5k or 1/2 marathon? Are you interested in running in the Hartford Marathon on October 10<sup>th</sup>? This program is designed to help “walkers” run a 5k and “non-runners” run a 1/2 marathon. The program includes 4 workshops, a comprehensive running and cross-training program, nutritional advice & group runs. No matter what level, this program will provide you with the training, support and motivation to make it through the finish line.

Alpha Fitness, 385 Center Street, 860-432-9997  
[www.GoAlphaFitness.com](http://www.GoAlphaFitness.com)