



Healthy St. Pete is teaming up with Fit2Run St. Pete to offer the

## **Train2Run Program**

**FREE** of charge to Healthy St. Pete Fitness Challenge participants!

### What is the Train2Run Program?

Are you interested in training for your first 5K or improving your pace for your next marathon? Do you want to improve your fitness and health, gaining strength, reduce the risk of injury, and become a more efficient runner? Then, this is the training group for you! During the Train2Run program, Fit2Run St. Pete will evaluate your goals and select the right group for you. Participants will learn functional strength exercises, core strength, agility, mobility, form and speed development as well as nutrition, proper apparel, and race day preparation. All of the Train2Run programs are for walkers or runners of all fitness levels!

### Program Dates:

Thursday, March 2 – program kickoff at 5:30 p.m.

Free Train2Run program will run for four weeks from March 2 – 31, 2017

Regular class meets on Tuesday and Thursday each week at 6:30 p.m. for training specific workouts.

### Where is the Train2Run program location?

Fit2Run St. Pete Store is located at [256 2nd Street N., St. Petersburg, FL 33701](https://www.google.com/maps/place/256+2nd+Street+N,+St.+Petersburg,+FL+33701)

Participants can register prior to March 2, by visiting the store during regular business hours.

Sun: 11am-5pm Friday: 10am-9pm

Mon-Thurs: 10am-8pm Saturday: 10am-9pm

**Mention the Healthy St. Pete Fitness Challenge when you register to receive the FREE four week Train2Run program.** Other participant benefits include 10% off all nonsale items, a free tech training shirt, half-price on one additional training program, and first notification for any Fit2Run events!

Fit2Run coaches are USATF certified and work to introduce the Jeff Galloway method, a Run Walk Run training technique in their Train2Run programs.

For more information on the Train2Run program, please contact Fit2Run at (727) 822 – 2786.

For more information on the Fit City Celebration event, please contact Kim Brasher at [kim.brasher@stpete.org](mailto:kim.brasher@stpete.org).