

CINCO DE MAYO 5K TRAINING

GET READY FOR THE CINCO DE MAYO 5K



MARCH 8TH - MAY 1ST (RACE DAY)

TRAIN WITH LACIE MONDAY-THURSDAY
AT 10:00 AM OR
TRAIN WITH MANDY MONDAY- THURSDAY
AT 5:30 PM.

REGISTRATION BEGINS FEBRUARY 15TH
AND YOU WILL
AUTOMATICALLY BE REGISTERED FOR
THE CINCO DE MAYO 5K.

WE WILL HAVE LONG RUNS, SHORT RUNS, SPRINT
TRAINING, AND STRENGTH TRAINING.

(MUST HAVE 4 - 10 PARTICIPANTS TO RUN THE PROGRAM)



8 WEEK 5K TRAINING
PROGRAM

TRAINING TO RUN
IN OUR CINCO DE
MAYO 5K

STARTS MARCH 8TH
MAY 1ST (RACE DAY)

REGISTRATION
STARTS FEB 15TH
ONLY \$192 DOLLARS
(THAT'S ONLY \$6
DOLLARS A
CLASS)

FEE INCLUDES 8
WEEK TRAINING
PROGRAM 4 TIMES A
WEEK, A T-SHIRT,
RACE BIB, AND
PRE-RACE GOODIES

