

Training Levels

Introductory Level is for anyone that can walk or run two (2) miles and would like to complete their first half marathon.

Experienced Level is for anyone that has completed a half marathon and would like to improve their finish time. Members of the Experienced Level will complete all the Introductory Level workouts and will have the opportunity to improve core strength and speed with additional mid-week workouts.

Location & Schedule

Location: Saturday morning training occurs just north of the Howard M. Terpenning Complex, Tualatin Hills Park & Recreation Center, near the skating rink. Cross streets are: SW 158th Ave and SW Blueridge Dr.

Saturday Morning Schedule – Every Saturday morning from July 10 to October 16, there will be:

7:00AM* – Seminar/Presentation
7:30AM - Group warm ups
7:45AM - Endurance Run or Walk

After the Run or Walk, the group coaches will lead the Core and Cool Down Exercises.

*Start time will be moved to 6AM if the outside temperature gets above 90F.

Sorting

In order to complete the 14 week training program successfully, everyone needs to be training with members that are at the same fitness level. You will have two (2) opportunities to be sorted into a group with similar fitness level to yours. On Saturday July 10 or 17, you will participate in a two (2) mile Sorting run or walk to determine your group.

(Don't worry, if you would like to change to a different group, there will be opportunities to switch groups during the program.)

Everyone will get a 14 week group workout schedule based on their current fitness level.

Costs

Introduction Level - \$195 per person
Experienced Level - \$195 per person

Registration

Fill out the Registration Form on the inside of this brochure or go to:

www.StressThenRest.com

Questions?

Coach@StressThenRest.com

www.STRESSthenREST.com

**Train
To
Run
Or
Walk
13.1
miles!
NOW!**



The HeartFit half marathon training program is for anyone that would like to complete their first half marathon or improve their finish time from previous half marathons. If you can run or walk two (2) miles by July 10, 2010, then you have what it takes to train for a half marathon.

HeartFit offers a comprehensive training program in a small group environment with coaching from highly trained coaches. Over 14 weeks you will be taken through a series of exercises and long runs to prepare you for the ***Run like Hell Portland Half Marathon*** on Sunday October 24, 2010 in Portland, Oregon.

Here are some of the reasons to join the HeartFit Training Program:

- Train to finish your first or your fastest Half Marathon!
- Train using the latest proven techniques!
- Reduce your body fat!
- Improve your fitness!
- Train to avoid injuries!
- Train to improve your speed!



Registration Form

First Name _____ Last Name _____ Birth Date _____
 Address _____
 City _____ State, Zip _____
 Email _____

Waiver of Liability

All participants in the **HeartFit** Training Program are required to assume all risk of participation in the program by signing this general release statement. The undersigned participant on behalf of himself/herself and on behalf of participant's personal representatives, assigns, heirs, executors, hereby fully and forever releases, waives, discharges and covenants not to sue **HeartFit** or any agency whose property and/or personnel are used from all liability to the participant and his/her personal representatives, assigns, heirs, executors, for all loss(es). Participant also grants permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. The attendee warrants that all statements made herein are true and correct. Attendee has read the foregoing and intentionally and voluntarily signs this release and waiver of liability agreement.

A Parent or Guardian must sign if participant is under 18 years of age.

_____ Participant Signature	_____ Date	_____ Parent/guardian Signature	_____ Date
_____ Print Full Name/Relationship			

Please include a \$195 check payable to HeartFit (The registration fee is non-refundable!) Mail completed registration to:	HeartFit PO Box 1653 Beaverton, OR 97075-1653
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You may also registration on-line at

