

FAQs

1. What fitness level do I have to be at to participate? To participate in the Half Marathon training program you should be able to run or run/walk 6 miles comfortably (variety of paces are welcome). It will take you from being able to complete a 10K distance to a Half Marathon (13.1 miles).
2. How is this training different from 10K training? The program continues to build on the 10K training program with speed work, tempo runs, hill running, and running longer distances.
3. When does the program begin? The program training schedule begins Monday July 5th and the first coach led training session is Tuesday, July 6th.
4. When are the training sessions? Coach led training sessions will be held: Tuesdays at 6:00pm and Sundays at 6:00am.
5. Where will the training sessions be held? Tuesday evening training runs will be held in neighborhoods near the store and Farragut HS track. Sunday morning long runs will be held at various places, including neighborhoods near the store, Farragut HS track, and other locations.
6. How long is a typical training sessions? Each group will establish its own pace, but a Tuesday evening training session will last between 1 – 1 ½ hours and a Sunday morning training session can last up to 2 hours. Training sessions including general announcements, training topics, warm-up/cool-down, and the training run.
7. Who will coach the program? The coaching staff has been selected for their love of the sport and willingness and dedication to helping others reach their goals! You will train with the same coach for the duration of the program.
8. What and when is the goal race? Women's Half Marathon is on September 25, 2010 in Nashville, TN. Visit the website for more information: <http://www.womenshalfmarathon.com/nashville/>.
9. What is the cost of the program and what do I receive for the registration fee? The 12 week program is \$100 and includes a technical shirt and water bottle, plus your coached training sessions, detailed training plan, weekly emails, training tips, and seminars.
10. Can you still join the program if you cannot attend the training sessions? Yes, but there is a huge benefit to group training: support from your coaches, encouragement and camaraderie from your peers, and a little healthy competition. Running is more fun in a group, as you socialize and pull one another along, the miles go by much more quickly.
11. When and how do I register? You can register at Fleet Feet Sports during store hours.