

## **FAQs**

1. What fitness level do I have to be at to participate? The Next Steps training program offers 2 running pace groups (able to run 20 minutes comfortably) and will add variety and intensity to your training. It will take you from being able to complete a 5K to a 10K distance.
2. How is Next Steps different from No Boundaries? The program introduces runners to speed work, tempo runs, hill running, and running longer distances. While the walkers are introduced to hill workouts and walking longer distances.
3. When does the program begin? The program training schedule begins Monday September 6<sup>th</sup> and the first coach led training session is Tuesday, September 7<sup>th</sup>.
4. When are the training sessions? Coach led training sessions will be held: Tuesdays at 6:00pm and Saturdays at 7:00am (*subject to change based on participants' needs*).
5. Where will the training sessions be held? Tuesday evening training runs will be held in neighborhoods near the store. Saturday 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 training session will last between 60-100 minutes, 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? Hot to Trot 5K/10K (we will do the 10K, 6.2 mile distance) will be on Thanksgiving Day, November 25, 2010 starting on Parkside Drive in the Turkey Creek Shopping area. Visit the website for more information: <http://fleetfeetknoxville.com/hottotrot/> (currently website has last year's race info).
9. What is the cost of the program and what do I receive for the registration fee? The 12 week program is \$80 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.