

# YMCA Walk Or Run Half Marathon Training Program

Train like you mean it!

RESERVE  
YOUR  
SPOT  
TODAY!

Get a Jump Start!  
For members who enroll  
starting Jan 27th through Feb  
14th, participate in our online  
CORE & Strength Program,  
created by the professionals at  
Rausch Physical Therapy.  
Early-Bird Special



Visit  
Our  
Website!  
www.ymcaoc.org

If you are looking for a new challenge, want to jump start your fitness, meet new friends, or reconnect with your inner-athlete then join us! We are taking participants on the journey of a lifetime. Simply enroll and we will give you tools and support to walk or run a Half Marathon (13.1). Sounds like a long road? Yes it is, but possible, and we will show you the way. In a supportive environment, coaches and mentors will train and prepare participants to complete Half Marathon Event in May. Program includes monthly workshops that will focus on the spirit, mind and body: Staying connected, injury prevention, and nutrition. A user-friendly training schedule is provided online, allowing members to train on their own when unable to attend group sessions. Three coached weekly sessions, team jersey and mentor program are also provided. Group Sessions: Tu/Th 9-10am at the YMCA and Saturday mornings (TBA). Attendance is not necessary to participate. This is your year to do something that will change your life...  
Come Run, Walk or Run/Walk, Like You Mean It, with us!

For more info contact [vgideons@ymcaoc.net](mailto:vgideons@ymcaoc.net)  
Program Add-ons welcome through February 28th.  
Fee: \$150 Fitness Members/\$300 Program Members.

Kick Off #1 at South Coast YMCA, Feb 7th, 9am  
Kick off #2 at Saddleback Valley YMCA, Feb 14th, 9am  
(participants can attend at either location)



## YMCA of Orange County

### Saddleback Valley Branch

We build strong kids,  
strong families,  
strong communities.

27341 Trabuco Circle • Mission Viejo, CA 92692 • (949) 859-9622

[www.ymcaoc.org](http://www.ymcaoc.org)