

**Spring 2020**  
**PR Marathon &**  
**HALF Marathon Club**  
**(aka 301 and the 401)**

**SATURDAYS AT 7:00 AM**  
**AND WEDNESDAYS @ 6:30 P.M.**

If your goal is to run a marathon or half marathon you will be joining the 301 group. Half marathoners will run shorter long runs and slightly less volume on Wednesday workouts. However if your goal is to power walk then the 401 group is our walking group training to walk a half marathon or longer.

Alex Taylor is the group leader and he has 7 other run pace leaders to make sure everyone has a safe and rewarding experience running with us! Come run with us!!

**When does the next one start??**

The first workout session starts on Wednesday January 8th, 2020 followed by a Saturday long run on January 11th. The Wednesday night workout at 6:30 PM is with past national champion Phil Ellis (he has a 28.40 10K and 63 minute ½ marathon best). We strongly recommend you attend this session as this can make the difference in achieving your goals. This type of running gives you strength and speed to help you run more efficiently and ultimately faster.

**How far should I be able to run before joining?**

You should be able to comfortably run about 40 minutes in duration in order to train for the ½ marathon and 60 minutes for the marathon. If you do not want to RUN a half marathon but would like to walk one then the 401

group is for you! We will get you ready to walk a half marathon which is becoming very popular these days!

**Why join the training program??**

Our program design is specifically developed to assist individuals in making the transition from shorter distance runs through to the full marathon distance. At Peninsula Runners we work hard to provide a safe, informative, fun, motivating, and rewarding clinic atmosphere. Everyone is welcome no matter what your pace is or what your goals are.

**How long is the program??**

The ½ and full marathon training program is 17 long depending on which event you plan to run. We will help prepare and guide you to participate in a spring half or full marathon. The goal run this spring is the BMO Vancouver event on May 4, 2020. However if your goal event is Boston Marathon or another race this spring we can help you prepare for it as well by adjusting the schedule to fit your race.

**How much will it cost and where do we run from and what does it include??**

The cost of the program is \$100 for the early entry if you join by December 31st, 2019 or \$120 is our regular entry after January 1, 2020 (taxes included). This includes; **a Saturday morning long run, a Wednesday night workout, and a run group tech shirt and 10% discount on store purchases in the store at all times.** We will also provide you with a training plan that will help guide you through the program. Guest speakers and coaches will also help to inform, inspire & improve your running and make you healthier in the process. Most of the workouts will start and finish at our Langley Store. Each week we try to run our long runs on different scenic courses. Come find out why everyone in our clinic is having so much fun and success. Our goal is to help prepare you to enjoy your running experience & want to continue running for a lifetime. One of the big keys to a group like this is that when you train together it helps you push yourself a little more than you could on your own. Running can be fun and challenging at the same time. It is what we love here at Pen Runners!



**Spring 2020**  
**Half Marathon &**  
**Marathon Clinic**  
**(aka the 301 & 401)**

**Saturdays 7:00 AM**  
**Wednesdays 6:30 PM**

**Starts Jan 8, 2020**

**604.888.1338**

**20349 88<sup>th</sup> Avenue**

**Langley, BC, V1M 2K5**

**[www.penrun.ca](http://www.penrun.ca)**