

PENINSULA RUNNERS



Full & Half Marathon Club 2026



PenRun Club

Half/Marathon Program

TELL ME ABOUT YOUR PROGRAM



The Half & Marathon group meet every Saturday morning for a long run and on Monday & Wednesday evenings for technical training sessions. The program is designed to help you achieve your goals AND improve your pace/strength. Our training program will give you the strength, the speed and the coordination to help you run more efficiently and ultimately faster. Come join Leaders Russ & Will on your journey. Program designed by Paul Williams, 3x Olympian and PenRun Owner.

CAN ANYONE JOIN? YES!!

Yes! however, you should be able to comfortably run 10km three times a week before joining a Half or Full Marathon program.

WHY SHOULD I JOIN?

Our proven program is designed to specifically assist individuals in making the transition from shorter distance runs through to the half/ full marathon distance. It is also perfect for experienced 5-10km runners seeking that 'next level' of running experience and fitness. At PenRun we work extremely hard to provide a safe, informative, fun, motivating and rewarding clinic atmosphere. Everyone is welcome, no matter what your pace or abilities. We encourage you to come join a session or two, to decide if we fit your running needs and to see what all the fun is about!

HOW LONG IS THE PROGRAM?

Regular sessions are 17 weeks long.

Maintenance sessions are 6-10 weeks long.

HOW MUCH DOES IT COST?

One session: \$150

Maintenance: \$25-\$50

Annual: \$300

WHAT DOES THAT INCLUDE?

Your clinic fee includes guided Saturday morning long runs, two weekday evening workouts, 10% discount on in-store purchases and exclusive shopping nights for even greater savings. You will also receive a 3-7 day training schedule, long run maps and a weekly email to help guide and inspire you. Our Coaches will also help to inform, motivate & improve your running skills.

TELL ME ABOUT THE ANNUAL

The yearly option is \$300—available in January only. And includes:

- Winter & Summer Sessions
- Spring & Fall Maintenance Sessions
- 3 coached training sessions every week
- Weekly training plan via detailed email
- Guest Speakers
- Exclusive Member's Sale Shopping Nights
- Member In-Store Discounts

WHERE DO WE RUN?

Most workouts will start & finish from the store at 100-1688 152nd Street, Surrey. Each week, we will offer various scenic endurance runs throughout the community!

Peninsula Runners

#100-1688 152nd Street, Surrey, BC

604-531-7879

www.penrun.ca or info@penrun.ca