

Let's Get Fast

This program is for you if:

- ◆ You can run 5km in 30 minutes or less.
- ◆ You have a strong desire to work hard to become a faster runner at a race distance of 5km or longer.
- ◆ You are a high school track athlete competing in distances 800m and up.

Meet the Coach

Kim Gradwell is a Level 2 NCCP Certified Coach specializing in middle and long distance running. Kim has been a coach partnered with A&L for 15



years. She has been running for 45 (and counting) years and has enjoyed competing in road races, triathlons and trail runs. In 2015, Kim was the recipient of the YWCA Women of Distinction award for her many years of dedication to the health and wellness of our community.

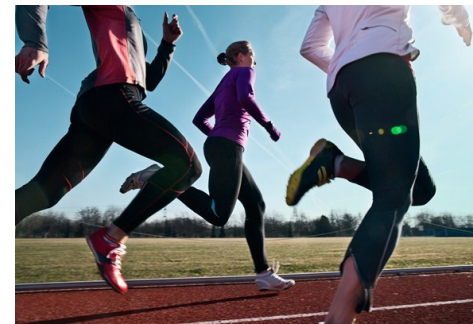
This is an 8 week program

Begins April 10th

6:30 - 8:00 pm

Meet at Sportsplex Track

Cost: \$50



Be sure to dress in layers appropriate for the weather and bring hydration.

Also, a watch with a stopwatch feature would be ideal.

