



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Frank Deluca YMCA • 352.368.9622  
3200 SE 17th St • Ocala, FL 34471

# FEEL HEALTHIER & REACH NEW LIMITS



## 5K -&- 10K PERSONAL TRAINING PROGRAM

The YMCA's Personal Training Program for Season 2 of the Big Hammock Race Series is designed to help get you from the couch to completing your very first 5K or 10K race in the series!

Running will help you to improve your mental & physical health, strengthen your muscles, joints, & cardiovascular system, loose &/or control weight, Increased bone density relieve stress, & much more!



	1st RACE:
	2nd RACE:
	3rd RACE:
	4th RACE:
	5th RACE:
	6th RACE:
	7th RACE:
	8th RACE:

# 5K -&- 10K PERSONAL TRAINING PROGRAM



**Face-to-face coaching with your YMCA Personal Trainer will help to build your confidence throughout your fitness journey. Their guidance will provide you with accountability, which research has shown, will to aid you in reaching your unique goals. Your Trainer will also focus on teaching proper running form to help avoid injury. Plus, you'll attend sessions designed to improve your overall muscle strength & stability to improve your body's ability to progressively add distance to your runs.**

## 5K TRAINING PLAN:

- 8 Week Program — 16 sessions
- Member Cost: \$200 ... [\$12.50 per session]
- Non-Member Cost: \$400 ... [\$25 per session]

## 10K TRAINING PLAN:

- 12 Week Program — 24 sessions
- Member Cost: \$300 ... [\$12.50 per session]
- Non-member Cost: \$600 ... [\$25 per session]

## ALL PERSONAL TRAINING PLANS FOR THE BIG HAMMOCK RACE SERIES INCLUDE:

- Meet with your Personal Trainer from 6:30pm - 7:30pm on Mon. & Wed. for 5k training plans & Tue. & Thur. for 10k training plans.
- Sessions include body weight functional training, plyometrics, and more!
- Run Training: Starts with run/walk intervals and progresses up to your race distance
- A **MyWellness Cloud** Key to track & record your progress throughout your training plan.
- Homework for off-days [usually longer distance runs] that will be recorded on your **MyWellness Cloud** key. These runs will be tracked by your Personal Trainer in your **MyWellness Cloud**.
- Use of the YMCA Facility during the training program
- Tips & info about running & attending your 1st race to ensure you arrive at the Starting Line with confidence

**LET'S GET STARTED! Complete this registration form today!**

**Visit the "Training" tab at [BigHammockRaceSeries.com](http://BigHammockRaceSeries.com) to find more details about training dates & times.**

First & Last Name: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Preferred Race Distance:  5K  10K

Which are you currently?:  Member  Non-Member

What is your skill level?  Beginner  Intermediate  Advanced

Training programs will be provided throughout the BHRS. Please contact the YMCA learn about BHRS Personal Training Openings & to signup today! 352.368-9622

## SEASON 2 • OCALA'S RACING SERIES CHALLENGE!

We're proud to bring you Big Hammock Race Series [BHRS], Season 2, presented by Prime Mortgage Group! Last year, we had a blast motivating & keeping you hungry for points & bling. This year, we've added even more fun to our Marion County run/walk fitness challenge with the swag & perks that you said you wanted!... New races, more medals, challenges, points, prize divisions, help getting started, & training... simply MORE!

**Find details & signup for the series at [BigHammockRaceSeries.com](http://BigHammockRaceSeries.com)!**

