

Fitness Heights Intl Running Group Training Schedule

All clients must pre-register using the registration link.

Weekly: Basebuilding	Day	Times	Location	Exercise Type
	Monday	6:30 to 7:30 pm	DC: FHI 1123 11 th St. NW Ste 3 WDC Street parking	Running 4 to 5 miles
	Tuesday			Running 4 to 5 miles 30 to 45 min upper body weights
	Wednesday			Speed work: Hill Repeats (10 Sets)
	Thursday			Slow Run: 30 min Lower Body Strength
	Friday			Free Day or Yoga
	Saturday	8:00 to 9:00 AM	DC: FHI 1123 11 th St. NW Ste 3 WDC Street parking	Running: Distance 70% Heart Rate Start at 5 miles
	Sunday			Total Body: Drills and Core

Winter Outdoor Training Tips

Running Shoes: Ask for a private consultation regarding proper running shoes.

Wear Layers: Fitness Heights Dri-Fit Shirt, Fleece and Windbreaker, gloves/hat, neck guard

Hydration: Bring water to every training session, it is important to hydrate during your workout

Weights: Bring Light weights. For example, if you lift 5 lbs and this is light for you, but 8 lbs is heavy, bring 5 lbs, also if you lift 8 and 10 lbs bring the 8 lbs as we build your base. Advanced trainees bring both 10 and 15 or 15 and 20 lbs, etc.

Extra Shirt: Always a great idea to bring an extra shirt to change post workout.

Please call us or email if you have any questions, we can be reached at 202.556.3966 or via email at jog4me@fitnessheights.com

Visit our website at <http://www.fitnessheights.com>