



USA FIT SAN JOSE

MARATHON AND HALF-MARATHON TRAINING PROGRAM



**IF YOU ARE
WAITING
FOR THE
RIGHT TIME,
IT'S NOW!**

Join us **April 22, 2017** for the opportunity of a lifetime and the chance to change your life. Whether you are a couch potato, walker, jogger, or a marathon veteran, USA Fit San Jose is an enjoyable way to get in shape and **CHANGE YOUR LIFE!**



WWW.SANJOSEFIT.COM



Why USA Fit San Jose?

Established in 1998, USA Fit San Jose has been creating athletes and changing lives helping people like YOU cross finish lines.

USA Fit San Jose marathon and half marathon experience includes:

- A friendly and supportive training environment where the focus is not only on healthy lifestyles, but also lifelong bonds and camaraderie. *Once a "Fitter" ALWAYS a "Fitter".*
- Experienced coaches.
- Pace groups for different fitness levels – there is a group and a training program for EVERYONE.
- Weekly schedules, track workouts, and hill running.
- Informational seminars and weekly newsletters.
- "No Whining" running shirt!
- Store and race discounts, and more!

Where do we meet?

Join our new and returning "Fitters" on **Saturday mornings 7:30 a.m. beginning April 22, 2017** at Los Gatos High School, TRACK bleachers (73 New York Ave, Los Gatos, CA) for our 19th year.

Ready to take your training up a notch?

For more intense workouts, please check out our Advanced Training Program (ATP) – Lite, which is designed to take your training to the next level. **Experienced marathoners** can challenge themselves with a program created specifically for improving running efficiency, technique and pace!

How do I sign up?

Register online through May 22, 2017 at www.SanJoseFit.com or in person on April 22, 2017.

Please bring cash or check only.

Additionally, no refunds will be offered.

What happens on April 22, 2017?

7:30-9:00 Registration and a 30-40 minute pace placement run/walk for our awesome first-year "Fitters". *Please come dressed to walk or run one to three miles and bring some warm clothes for the seminar.*

9:00-10:00 Orientation seminar, coach meet and greet.

COMMIT, TRAIN, SUCCEED, AND CHANGE YOUR LIFE!



WANT TO KNOW MORE?

WWW.SANJOSEFIT.COM