

RUN TO LIVE LIVE TO RUN

Fitwize Run Club

Dates:



3/11 - 5/20

(No Run Club on April 1)



Time:

Wednesdays
3:30pm - 4:30pm



- ✓ Get a Club T-shirt
- ✓ End of the Season Party!

Club Format

- ★ The RunDown
- ★ Running Discussion Topic
- ★ Shoe Charm Handout
- ★ Walk to Track
- ★ Dynamic Warmup + Running Drills
- ★ Laps + Structured Runs + Games
- ★ Cooldown:
Walk back and take home weekly training schedule for **Runners & Parents**

Registration Fees

\$120

For Enrolled
After School
Program
Students

\$150

For Non-Enrolled
After School
Program Students

*Race fee is a separate fee and not included in the Running Club registration fee

Race:

Ashburn Village Fiesta*
5k/10k/Fun Run
on **May 2, 2026**
(8am / 8:15am / 8:20am)



Running Discussion Topics

- ★ Why We Run + Running Form
- ★ Structured Training + Progression
- ★ Breathing While Running
- ★ Warmup
- ★ Recovery + Rest
- ★ Cross Training
- ★ Race Day Preparations
- ★ Trail Running
- ★ Shoes



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ashburn.fitwize4kids.com