



Personal Best Running – PBR

2010 Marathon Training Program

Join this successful program that Boston Qualified 7 and PR'd two runners in 2009!!

Join SBR Coaching & Training Center in a unique PBR (Personal Best Running) training program designed specifically for finishing your personal best this fall. The goal of this unique program is to lead, guide, coach and motivate runners to a personal best marathon race time at the Lakefront Marathon, October 3, 2010.

The training program is heavily coached and has a moderately aggressive approach to achieving your personal best. The program will educate you on proper running form, biomechanics, training, nutrition, mental toughness and more!

Jessica Laufenberg at SBR Coaching will be working with you weekly to help you accomplish your goals. You will have the companionship of others reaching for similar goals, as well as guided practices that specifically focus on the goal at hand.

New for this year, the program will kick off with a 2-3 hour mini-FASTER (Form And Specificity To Efficient Running) Program that will help build you up the 6 weeks leading up to the first day of practices. This session also includes video run analysis.

Overview of the program -

- The program will be 14 weeks long.
- There will be specific weekly group practice sessions, Wednesdays from 5:45-7pm and Sundays at 7:30am (locations vary weekly).
- You will be responsible for attending two coached practices each week, running 1-2 more sessions per week on your own, and 1-2 days of cross training each week (prescribed by Jessica).
- Nutritional guidance will be provided to each person throughout the training program.
- **The first practice of the program will be on Monday, May 10th starting at 5:30pm. This first practice will be an overview of the program and completing the mini-FASTER Program that evening. This meeting will be at SBR. This session will be 2-3 hours in duration.**
- You will receive a 6 – week training plan leading up to the first week of practices to prepare you for the training program.
- The training program will officially start Monday, June 28th, with the first practice session Wednesday, June 30th.
- The program is 14 weeks long with the end race goal of Lakefront Marathon. You are able to run a different race (Chicago Marathon the week after, or Twin Cities the same day); however Jessica will be training the group for the Lakefront Marathon and will be attending and coaching you at that race. Lakefront Marathon is a less populated race, flat and named one of the best races to qualify for Boston.
- Pre-requisites for the training program –
 - Running for the past year, 3 or more times per week, with the lowest weekly mileage of 15 miles over the course of the past 6 months (all averages)
 - Racing PR's (personal records) are also important to the success of your training and racing. Your pre-requisites are:
 - A sub 2:15 half marathon within the past 1 year; and/or a sub 4:30 marathon in the past 1.5 years.
 - If you have not PR'd with these times, please speak to Jessica because some exceptions to the rule can apply.
 - Within 7 weeks of the program beginning (between May 1 and June 28), you must complete two – 13 mile runs (and/or races)
 - Starting long run distances for the program will be a 14 miles and weekly cumulative will be approx 27 miles week one.

Cost of program - \$400, or \$375 cash/check –only 15 spots available in the program.

Registration for the training program closes Friday, April 31.

Note: you are responsible for registering yourself for the Lakefront Marathon.



PBR Training Program - Registration Form

Name _____

Address _____

Phone (home) _____ (work or cell) _____

Email _____

Date of birth _____ Age _____

½ Marathon PR _____ Full Marathon PR _____

Release/Assumption of Risk Agreement and Policy Information

In consideration of gaining access to participate in activities associated with SBR Coaching, LLC, the facility, equipment and machinery, I hereby waive, release and forever discharge SBR Coaching, LLC, and its officers, agents, employees, representative, executors, and all others from all responsibilities or liability for injuries or damages resulting from my participation in any activities with SBR Coaching, LLC.

I understand the policies and procedures set for and by SBR Coaching, LLC and have had the opportunity to discuss my specific needs in relation to participatory activity and, as a result, I do voluntarily request the right to participate in services provided.

Also in consideration of the above factors, the undersigned participant acknowledges the existence of risks in connections with these activities assumes such risks and agrees to accept the responsibilities for any injuries sustained by the participant in the course of the use of the facilities and/or its equipment. Most specifically, the participant acknowledges and accepts responsibility for injures arising out of those activities which involve risk in any of the following areas:

The use of the facility equipment and its coaches:

- The performance of fitness-related evaluations to assess functional capacity
- The participation in group activities related to exercise and activity

In addition, it is seriously recommended that participants consult with a physician before engaging in any activities associated with SBR Coaching, LLC if there are any pre-existing conditions.

Miscellaneous- There are no refunds for the program.

Having read the preceding, the participant acknowledges full understanding of those risks and policies set forth herein and knowingly agrees to accept full responsibility for the participant's own exposures to such risks and policies and to waive full responsibility and liability on behalf of SBR Coaching, LLC.

Participant's Signature

Date

What, if any, are any medical conditions, injuries or precautions that the coaches should be aware of?

For Office Use Only

Payment CASH CHECK # _____ Credit Card _____