

Front Runner Training Framework



Commencing October 2008

Due to the continued growth of the "Front Runner Squad" we have decided to alter our training structure from October 2008 and change from an e-programme system to a more personal and effective training structure.

From October, we will be offering athletes the "Front Runner Training Framework". For the majority of athletes these 4 weekly training sessions will provide the perfect training structure, incorporating all the ingredients for improved performance and greater enjoyment in your running.

On the two faster sessions we will offer a special "Woman's Only" Programme conducted by level 1 coach, Kathy Garnett. On Wednesday and Saturday, the "Woman's Only" and "Open Squads" will train concurrently with sessions tailored to level and ability.

The "Front Runner Training Framework" will be as follows:

Monday	Strength Endurance	5.30pm Hyde Park
Wednesday	Tempo Run	5.30pm Terry Tyzack Car Park
Thursday	Intervals	5.30pm Yokine Reserve
Saturday	Long Run	8.45 am Cnr Mounts Bay Rd and Hackett Drive, Crawley

The cost to athletes will be \$70 (inc GST) per month for unlimited training sessions with the squad and is payable by direct credit.

If this does not suit your needs, we will have two other options available to "Front Runner" Squad Members:

*Cash Payment at training \$7/session (inc GST).

*10 session cards at a cost of \$55 (inc GST) that are valid for 3 months. You can purchase these directly at any training session or by direct credit.

*Running, duathlon and triathlon programmes for a specific event can be formulated as requested. Prices are available by emailing rafbaugh@hotmail.com

Finally, all new attendees will get their first training session for free so they can trial the "Front Runner Framework" without obligation.

We trust that this new structure will provide you with a greater running experience with the Front Runner team and better help you to achieve your goals.

Running Regards
Raf Baugh
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