



# 2018 Pub Run Training

## The Details:

- *Workouts at 6 pm each week at Fleet Feet Blue Dome*
- *Every Wednesday, September 12 – October 31, 2018 (8 weeks)*
- *Progressive schedule, adding miles and beers each week*
- *First week is run a mile, drink a beer, run a mile*
- *Last week is run 1.5 miles, beer, 1.5 miles, beer, and run 1 mile*
- *3-4 pace groups; each with a dedicated coach (3 run + 1 walk group)*
- *By the end of the program you will be ready for the PUB RUN!*
- *All Guinness provided, including a “social” post run beer each week*
- *All told, 21 pints of Guinness if you make every workout.*
- *All participants receive a short sleeved “Will Run for Beer” tech shirt*
- *\$5.00 discount into the Pub Run (race date is November 3, 2018)*
- *\$5.00 discount into the Oktoberfest Lederhosen Lauf 3-mile race on October 18*
- *Must be 21 years old!*

**All this for just \$79.00!** Register online at <http://www.fleetfeettulsa.com/training/pub-run>