

## **Waco Striders Running Club Marathon and Half Marathon Training Program**

Many experts have noted Marathon training as the fastest growing activity in the field of exercise. If you are interested in running a Marathon, Half Marathon or would just like to train to run higher mileage in a structured group setting. Please feel free to join the Waco Striders marathon-training program and enjoy the self-satisfaction of completing a full or half marathon. We have all fitness levels of members running weekly structured runs. We are with you every step of the way .The running club has experienced run leaders and mentors to help you achieve your target race goal .We offer running clinics to educate our runners in form, nutrition, hydration, clothing, race day strategies, and much more.

The friendships and camaraderie that are developed during the course of training are life long .Our mission statement as a running club is to promote fitness and running in Central Texas. Marathon Training with the Waco Striders is affordable enough for anyone who would like to achieve this lifetime accomplishment, all it takes is commitment and determination to take the first step and achieve:

- New life long friendships
- Increase self-confidence
- Overall feeling of accomplishments
- Reduce the Risk of High Blood Pressure
- Lower Cholesterol
- Reduce the risk of Diabetes
- Reduce feelings of depression and anxiety
- Help control weight

Help build and maintain healthy muscles, bones and joint

As your training begins we have information sessions on topics such as:

- Running form
- Injury prevention
- Race day strategies
- Nutrition & Hydration
- Clothing
- Cross training
- Managing your training schedule
- Heat and cold weather training
- Importance of group training

And much more. Please join us on one or all of our group runs. The Waco Striders group run and Marathon training program is free to Waco Strider Members

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