

RUN TRAINING PROGRAM

ELEVATE YOUR RUN

Sept 7 - Nov 20



Ready to start running or take your running to the next level?
Our **Run Training Program** is designed for all abilities, from absolute beginners to runners gearing up for their first or next race.

Whether your goal is to run your first mile or cross your first finish line, this program gives you the structure, support, and encouragement to get there, at your own pace.

TRAINING PLANS: Structured workouts tailored to gradually build endurance, speed, and confidence. Includes tips and guidance to help you develop healthy, sustainable running habits.

COACHING CONSULTATION SESSIONS: Meet with your running coach, Laura Aden, an accomplished runner with over 48 years of experience, including 7 full marathons and countless half marathons, 10Ks, and 5Ks.

TRAINING EDUCATION WORKSHOPS: Covering topics such as injury prevention, fueling, gear, and race preparation.

TREAD & TRAIN: Scheduled (optional) indoor group runs, offering accountability, motivation, and a fun community atmosphere.

\$15

One Month
Training Plans only

\$25

One Month
Full Service

\$60

Three Months
Full Service



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UNK CAMPUS RECREATION