

5K and 10K Spring 2021 Training Programs in Madison & Huntsville

Goal Race: County Line State of Mind



SHAKE AWAY THE
WINTER BLAHS...
LET'S GET MOVING!

IT'S TIME FOR
SPRING TRAINING!

REGISTER ON THE
FLEET FEET
HUNTSVILLE
TRAINING WEBSITE

TRAINING SITES IN
MADISON & HSV

GET FIT FOR
COUNTY LINE STATE
OF MIND ROAD
RACES!



Training times: Tues/Thurs at 6pm,
Saturday at 7am
Program start date: Tuesday, March
23rd for 13 weeks
Cost: \$125
Register: Fleet Feet Huntsville
Training Website
Training Sites: Tu/Th Madison;
Sat Hsv

Perfect for those who have run a 5K
or 10K and want to improve their
times, run their first 10k, or increase
their knowledge and love of running.
All Paces Welcome!

Benefits of the 10K program:
13 weeks of training with experienced
mentors and RRCA certified coaches
Daily training plans
Exclusive offers at Fleet Feet Sports
Technical running shirt
Education on form, nutrition,
stretching and injury prevention, and
more

In following within CDC guidelines, we will be small group training: meeting and
running in groups of no more than 10.

Goal Race – County Line State of Mind on June 19 in Madison

Contact Paul at p.moeller@knology.net for more info

Training times: Tues/Thurs at 6pm,
In Madison
Program start date: Tuesday, April
13th for 10 weeks
Cost: \$100
Register: Fleet Feet Huntsville
Training Website
Training Site: Madison

Program for those who want to run or
run/walk a 5K, accomplish their first
5K race or get back into the running
groove.
All Paces Welcome!

Benefits of the 5K program:
10 weeks of training with experienced
mentors and RRCA certified coaches
Daily training plans
Exclusive offers at Fleet Feet Sports
Technical running shirt
Education on form, nutrition,
stretching and injury prevention, and
more

FLEET FEET
HUNTSVILLE