

Hit The Ground RUNNING This Summer!!!

Introducing a new small group training program designed to help you
run the fall race of your choice.

Whether you are gearing up for your very first 5K, or want to improve your half-marathon time, or anything in between, join in the fun and meet other runners at the Beaverton Family YMCA.

Personal Trainer Tamera Clifton has over 20 years of experience helping athletes and armchair-athletes reach their potential. This 6-week training program will involve trainer-led speedwork workouts on the treadmill, combined with runner-specific weight lifting and *personalized* “homework” that will have you in better shape than ever this summer, and ready for a fall race or fun run.

Session runs Wednesdays at noon, August 18 – September 22.

\$80 for the full six weeks includes *personalized* speed work, strength work, and long-distance training plan, as well as six semi-personal training sessions.

Minimum participation of 4 participants. Please contact tclifton@ymca-portland.org for more information.

