



2020 Pub Run Training

The Details:

- *Workouts at 6 pm each week at Fleet Feet Blue Dome*
- *Every Wednesday, September 16 – November 4, 2020 - 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*
- *5 pace groups; each with a dedicated coach (4 run + 1 walk group)*
- *All inclusive program*
- *All participants receive a short sleeved Pub Run Training t- shirt*
- *\$5.00 discount into the 2020 "Pub Run" (race date is November 7, 2020)*
- *Must be 21 years old!*

All this for just \$89.00! Register online at <http://www.fleetfeettulsa.com/training/pub-run>