



Rock 'N Roll Half Marathon Training Program

Rock 'N Roll Marathon

- Date: Sunday, June 6th, 2010
- Distance: 13.1 Miles
- Training Program: March 10th – June 6th (Join at any time)

Training Program Includes:

- 13-Week Written Training Program
- Educational Clinics (Nutrition, Raceday Strategies, Injury Prevention)
- Discounts on Rehab United Services (Personal Training, Massage, Nutrition)
- Two Coached Workouts per Week:
 - Group Runs on Saturdays (location varies – online schedule: www.rehabunited.com/teamexcel)
 - **Run-Fit** – Running-Specific Conditioning and Injury Prevention Class (Wednesday Evenings)

Run-Fit Details:

Run-Fit addresses the specific needs of runners: it enhances strength & dynamic flexibility to prevent knee and low-back pain, shin splints, plantar fasciitis, and other common injuries. Each class includes running drills to improve form and low-to-moderate intensity plyometrics to increase power and agility. **Run-Fit** will make you feel strong and fast for your races and training runs and is perfect for runners of any distance, from 5K's to marathons. **Run-Fit** is designed to improve:

- Muscular Strength & Endurance
- Muscular Balance
- Flexibility
- Overall Fitness
- Running Form
- Mental Toughness

More than just training! Beyond physical preparation, our goal with the Rock 'N Roll Marathon training program is to create an environment to foster new friendships, provide tools for continued success in and beyond the running community, and (most importantly) **have fun!**

NEW!! Optional Sports Nutrition Program – Properly Fuel for EVERY Workout!

- Save up to 30% on our nutrition supplements
- For \$26 (13-week program) you receive your choice of one of the following each **Run-Fit** workout:
 - FRS Healthy Energy Drink (11.5 oz can)
 - Infit Nutrition – “Run” Sports Drink (single-serving packet)
 - Infit Nutrition – “Repair” Recovery Drink (single-serving packet)
 - Fluid Recovery Drink (single-serving packet)
 - Bonk Breaker Energy Bar

Justin Robinson

Justin Robinson, MA, RD, CSSD, FAFS, CSCS
Director of Strength & Conditioning
RU Sports Performance Center
jrobinson@rehabunited.com



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This section must be completed by parent/guardian if athlete is under 18:

I hereby authorize Rehab United Physical Therapy (RU) and the Sports Performance Combine (SPC) to act in their best judgment in any emergency requiring medical attention, and I hereby waive and release RU/SPC or its affiliated partners from any and all liability for any injuries and/or illness suffered while at the Rock 'N Roll Marathon Training Program provided by RU/SPC.

_____ Initial here to confirm that you have read and understand the above release instructions.

_____ X _____ Date _____
(Print Name) (Signature)

_____ X _____ Date _____
(Print Name - Minor) (Signature - Minor)

Last Name _____ First _____ DOB _____ Age _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ Reprint E-mail _____

How did you hear about this program? _____ Shirt Size _____

SD Rock 'N Roll Half Marathon Training Program*

13-Week Training Program: _____ \$179

Sports Nutrition Package: _____ \$26

Included in the Program:

- ✓ 13-Week Written Training Program (3/10/100 – 6/6/10)
- ✓ Educational Clinics (Nutrition, Raceday Strategies, Injury Prevention)
- ✓ Discounts on Rehab United Services (Personal Training, Massage, Nutrition)
- ✓ Group Runs on Saturdays (Location Varies)
- ✓ **Run-Fit** strength class. Please choose location for Wednesday night class:
 - _____ RU 1 (Kearny Mesa) – 6⁰⁰-7⁰⁰ pm
 - _____ RU 2 (Carmel Valley) – 6⁰⁰-7⁰⁰ pm
 - _____ RU 3 (Grossmont) – 7⁰⁰-8⁰⁰ pm

**Race registration not included*

Payment (no refunds): Check, Credit Card, or PayPal (send payments to jrobinson@rehabunited.com)

Total Due: \$ _____ Name as it appears on card: _____ Type: Visa, MC, Discover

Card Number: _____ Exp. Date _____ Security # (on back of card) _____

Billing Address (if different from above): _____

**Make check payable to: "Rehab United" – Mail payment and registration form to (or Fax Credit Card Registrations):
Rehab United, 3959 Ruffin Rd. Ste F., San Diego, CA 92123, P: 858-279-5570 F: 858-279-5303**

**www.RehabUnited.com
www.catalystendurancecoaching.com**