



## **Rock 'N Roll Marathon Training Program**

### **Rock 'N Roll Marathon**

- Date: Sunday, June 6<sup>th</sup>, 2010
- Distance: 26.2 Miles
- Training Program: January 27<sup>th</sup> – June 6<sup>th</sup> (Join at any time)

### **Training Program Includes:**

- 19-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](http://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 \$39 (19-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  
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### Rock 'N Roll Marathon Training Program

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 Marathon Training Program\*

19-Week Training Program: \_\_\_\_\_ \$229

Sports Nutrition Package: \_\_\_\_\_ \$39

#### Included in the Program:

- ✓ 19-Week Written Training Program (1/27/10 – 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) – 6<sup>00</sup>-7<sup>00</sup> pm
  - \_\_\_\_\_ RU 2 (Carmel Valley) – 6<sup>00</sup>-7<sup>00</sup> pm
  - \_\_\_\_\_ RU 3 (Grossmont) – 7<sup>00</sup>-8<sup>00</sup> pm

\*Race registration not included

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