



2019 Milwaukee Lakefront Marathon One-On-One Coaching Program

Looking to add a little extra something to your marathon training? Maybe you want to improve your time or just have a better training experience? Then we have the program just for you! Led by certified running coaches, we'll work with you to put together a training program to fit your ability level and your lifestyle. We'll also provide tricks and tips for training and race day, as well as guidance through the whole training process, all for only \$150.00.

What do you get?

- One-on-one initial consult session with an RRCA certified running coach
- Individualized training program (14 weeks)
- Access to coaches via email, text, or other messaging service
- Weekly coached group workout
- Tricks and tips for training and race day
- Milwaukee Lakefront Marathon Singlet
- Discounted entries into Cudahy Classic 10 mile (July) and Strider Half Marathon (August)

Sign up by June 1, 2019...space is limited!