

# 10 WEEKS TO A **FASTER** **FIRST** 10K

10 Weeks To A 10k is a training program designed for all levels of runners who want to improve their 10k performance. This will be a 10-week program that kicks off with the Fort Worth Zoo Run 10k and ends with the Get Your Rear in Gear 10k. Here's what you get:

- **Paid entry to the Fort Worth Zoo Run and Get Your Rear in Gear 10k(s).** Already registered for the Zoo Run? Don't worry, we'll adjust the registration fee!
- **3 coached workouts each week.** (Monday at 5:30pm, Wednesday at 5:30pm, & Saturdays at 8:00 am) Additional times are available if you're unable to make the designated workouts.
- **Individual training schedules.** No, you're not going to be grouped...everyone is different so why would you have the same training schedule!
- **A cool enduraLAB Headsweats® hat or visor.**
- **Personal shoe recommendations.**
- **Access to additional clinics from enduraLAB.**

**REGISTRATION FEES: \$125 (\$100 FOR THOSE ALREADY REGISTERED FOR THE ZOO RUN)**

## REGISTRATION

**enduraLAB** 

LAST NAME

FIRST NAME

M.I.

STREET ADDRESS

CITY

STATE

ZIP CODE

PHONE

EMAIL ADDRESS

DATE OF BIRTH

GENDER:  MALE  FEMALE

SHIRT SIZE:  SM  MED  LG  XL  XXL

PAYMENT OPTIONS:  CASH  CHECK