



» RPG TRAINING SYSTEMS



FIRST 5 / STRONG 10

Overview

The First 5 and Strong 10 program is an 8-week program designed to support anyone new to (or returning to) running. It combines specific strength training strategies used by top track athletes as well as a progressive running program to help you go from zero to 5 km or from 5k to a stronger and more confident 10k!

Timing

Guided sessions will run 1 day per week with 2-3 runs per week (meeting at Chains) x week + 1 self-guided workout.

Training Sessions are Saturday 9-10 am and Monday, Wednesday and Sunday Group runs

Pricing

First 5/Strong 10 provides clients with:

- 1 x Week Guided training sessions
- 1 x Week Custom Training Program
- 2-3 x Week Group Runs**
- Weekly Meal Plan
- Discounted Personal Training Rates
- Unlimited email access

**Weather permitted. If necessary, running sessions may be conducted using treadmills.

Only **\$35/session**

Non-Members Price \$44/session

By Appointment Only

☎ **416-898-1275**

