

5 Week Jingle:

***** This program is designed for runners who have already completed the “Intro to Rogue” program and would like to take the next step. After 5 weeks of training, we will encourage you to show off your fitness improvements at the annual Jingle Bell 5K *****

Race Info:

Dec. 4, 2011

<http://jinglebellrunformadd.org/>

- **Quality Workout:** The weekday quality workout will be held at the time/location you sign up for (Cedar Park), and will focus on building strength, speed and hill running skills. You will meet with your coach and group on this day.
- **Core Workout:** For runners, core strength is key to avoid injury, improve running form and to help running efficiency. Rogue offers several core classes a week downtown and currently one core class in Cedar Park. Ideally we suggest attending one or two of these a week.
- **Long Run:** Long runs are held on Saturday mornings at either Rogue downtown or our Cedar Park location (your choice). The long runs are fully supported, which means that maps, water stops and coaches along the route are provided. Your coach may not be present at the long run every week, but several coaches will always be on hand.

What do I get?

- An experienced, supportive coach
- Daily training schedule
- Flexible registration options to best fit your schedule
- Discounts at Rogue Equipment on all shoes, apparel and accessories
- Access to FREE running-specific core classes
- Injury prevention seminars & Advanced Rehab onsite
- Trigger Point equipment at training location
- Nutritional information
- Rogue-branded technical tee
- Fun, friendly running community

How long do classes take?

It depends on the program phase and the distance scheduled. Quality workouts generally take anywhere from 1-2 hours, and weekend long runs will range from 20 minutes to 3 miles on the first day up to 70 min to 7 miles at the end of the program. You will be expected to stretch, cool down and utilize foam rollers/ Trigger Point equipment, so account for these things as well.

How do I know what to do on the other days?

Once you sign up, you will be able to log in to our website and see your daily training schedule posted in your “locker room.” This calendar will be viewable up to four weeks at any point.

How do I know if I should follow the Level I or Level II training schedule?

The level 1 schedule is for those who have not run before, or have taken a long break from running. The level 2 schedule is for those who are already comfortably running 2 -3 miles.

Does the program fee cover race entry?

No, the program fee only covers the training program. You will need to take care of race registration on your own.

Where do we meet?

Your weekday quality workout will meet at the Cedar Park Store.

Weekend long runs begin at Rogue downtown or at our Cedar Park location (your choice!).

Core classes meet at Rogue downtown: Monday at 6:45p, Thursday at 6:45p and Sunday at 5p

Core classes meet at Rogue Cedar Park: Mondays at 6:30 p.m.

Locations:

Rogue Downtown
500 San Marcos St.
Austin, Tx 78704

Rogue Cedar Park
2800 Whitestone Blvd.
Cedar Park, Tx 78613