

What do I get?

- Training levels based on experience and goals
- An experienced, supportive coach
- Daily training schedule
- Fully supported long runs and quality workouts
- 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 at Rogue downtown
- Trigger Point equipment available for use at Rogue downtown
- Nutritional information
- Rogue-branded technical tee
- Fun, friendly running community

How much experience do I need to participate in this training program?

We require that you be comfortable with a 10 mile long run.

How many days should I train?

The more often you meet with a group, the more consistent you will be! We recommend signing up for three days if possible, but understand that some schedules do not allow it. You may choose the best combination for you:

One day: You will meet for the weekday quality workout OR the Saturday long run only.

Two days: You will meet for the weekday quality workout AND the Saturday long run.

Three days: You will meet for both weekday quality workouts AND the Saturday long run.

- **Quality Workout:** The weekday quality workout will be held during the week, and will focus on building strength, speed and hill running skills, depending on the current phase of the training schedule. You will meet with your coach and group on this day.
- **Long Run:** Long runs are held on Saturday mornings. *Please note that long run start times will likely be adjusted to 5:30am due to the summer heat.*

Locations:

In the Rogue trail programs, classes will meet at different locations in order to experience the wide variety and quantity of trails in Austin.

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 in mileage depending on the race distance you are training for.

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.

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?

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

Rogue Downtown
500 San Marcos St.
Austin, Tx 78704