

## **The Basic Training program features 3 workouts a week:**

**\*\*\* This program is a special offer that allows to you try out our program for 4 weeks at the price of only 2. Once you have completed your four-week introduction, you will have the option of signing up for the rest of the 12-week program at a pro-rated price. \*\*\***

- **Quality Workout:** The weekday quality workout will be held at the time/location you sign up for (Downtown, Anderson, 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?**

- Two training levels based on experience
- 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 location you registered for – either Rogue downtown, Anderson High School or Cedar Park.

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 7p.m.

**Locations:**

Rogue Downtown  
500 San Marcos St.  
Austin, Tx 78704

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

Anderson High School  
8403 Mesa Dr.  
Austin, Tx 78759