

What do I get?

- Elite level training experience based on your goals, previous experience and intended race distance.
- An experienced, supportive coach with a Masters in Exercise Physiology and over 20 yrs. experience
- Daily individual training schedule
- We don't all train for the same race, this group is geared towards your goals and not the goals of the whole group.
- Coach uses periodization and a scientific approach to individual's ability.
- 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
- Coaches attend one race a season with the athletes
- Fun, friendly running community

How much experience do I need to participate in the Elite training group?

Pace is not an issue as much as is attitude towards your goals and overall plan.

How many days should I train?

Before you sign up you should be running 4-6 days/week regularly and consistently for a few months. Please ask about this if you have questions since every case is unique.

The group meets formally Tuesday's evenings and Saturday mornings for quality workouts.

They meet informally on Sunday's for their long runs.

How long do classes take?

It depends on the program phase and the distance scheduled. Quality workouts generally take anywhere from 1.5-2 hours, and weekend long runs will the length of time depends upon your pace. You will be expected to stretch, cool down and utilize foam rollers/ Trigger Point equipment, so account for these things as well. You did not read this carefully did you?

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

Once you sign up, you will get "your" individual schedule of workouts to follow.