

### **The Mom's Mid-Morning Run program features 3 workouts a week:**

- **Quality Workout:** The Thursday quality workout will be held at Rogue Cedar Park, and will focus on building strength, speed and hill running skills. You will meet with your coach and group on this day at 9:30am at the Cedar Park store.
- **Core Workout:** For runners, core strength is key to avoid injury, improve running form and to help running efficiency. Rogue offers a mom focused core class on Tuesday mornings. A typical workout will involve 20 minutes of running and 20 minutes of core routines. We will start this workout on Tuesdays at 9:30 am at the Rogue Cedar Park store.
- **Long Run:** Long runs are held on Saturday mornings at our Cedar Park location. 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. This run will start at 8am on Sat. mornings.

### **What do I get?**

- Two training levels based on experience
- An experienced, supportive coach
- Daily training schedule
- A Community of Moms also seeking to run
- Discounts at Rogue Equipment on all shoes, apparel and accessories
- Access to FREE running-specific core classes
- Injury prevention seminars
- 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 Rogue Cedar Park.

Weekend long runs begin at our Cedar Park location.

Core classes meet at Rogue Cedar Park: Tuesday @ 9:30am.

**Location:**

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