

The Advanced 10k Training Program features 3 workouts a week:

- **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. You will meet with your coach and group on this day.
 - **Cedar Park Meets @ 6pm on Wednesday Evenings**
- **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.
 - **Cedar Park Meets @ 6:30 pm on Monday Evenings**
- **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 a coach will always be on hand.
 - **Cedar Park Meets @ 8:00 am on Saturday Mornings**

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 4 miles on the first day up to 12 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.

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 –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 6:30 p.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