



The Community Program

WHAT WE OFFER

- **WEEKLY COACHED RUNNING SESSIONS:** INTERVALS OR TEMPOS (FOCUS ON DRILLS AND RUNNING TECHNIQUE)
- **MONTHLY PERSONALIZED TRAINING PLAN:** TAILORED TO YOUR RACE DISTANCE
- **WHATSAPP COMMUNITY** WITH EXPERT TIPS ON NUTRITION, FUELING, STRENGTH AND MORE
- **FREE BI-WEEKLY SOCIAL RUN:** LONG RUNS, TEMPO OR PROGRESSIVE RUNS AND MARATHON (OR HALF) SPECIFIC TRAINING

WHAT ELSE?

- **MONTHLY SOCIAL EVENTS**
- **50% DISCOUNT ON BRANDED CLUB SHIRT OR SINGLET** (AFTER THREE MONTHS MEMBERSHIP)
- **COMPETE IN LOCAL RACES** TOGETHER, WITH COACH SUPPORT
- **TRAINING WEEKENDS** WITH EXPERT COACHING
- **YOUR OWN DEDICATED COACH** FOR PROFESSIONAL ADVICE
- **PDF GUIDE** ON FUELING AND STRENGTH TRAINING

**JOIN NOW – ALL
FOR €30 / MONTH**

**RUN WITH US!
CONTACT US FOR
MORE INFO**



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WWW.GETONTHERUN.COM