

RUNNING ON DEMAND WITH KELLY

Put some SPRING in your step with RFC's new 6-week virtual running program: Running on Demand with Kelly.

This virtual program is for all fitness levels. Select from a beginner, intermediate, or advanced training program and follow a weekly plan to transform into a more confident runner with stronger strides!

You can access this virtual running program anytime & anywhere for a one-time fee. Access Kelly's videos while running on the treadmill at the RFC, from your home, or anywhere you are! She will be there encouraging you every step of the way! Pick up a hard copy of your 6-week training program at the RFC front desk!

Each run is 30 minutes or less & you'll be getting 3 runs in per week (you pick the days!) You'll have an interval run, a "need for speed" tempo run, and a climb each week. Walking is an option in the beginner level! Watch yourself build & progress to success!! Dedicate just 18-30 minutes to each run and increase your speed, stamina, endurance, strength, and cardiovascular capacity.

This program is great for beginners who want to get started & hit the ground running by summer, or anyone who is looking for a plan & a guided routine to follow, training for the Tinman, or working to become a stronger runner!



Gain access to this 6-week training program including all of Kelly's running videos + a digital copy of your beginner, intermediate, & advanced 6-week running program for only \$50!

Email Clare at soren789@morris.umn.edu or call (320)-589-6485 to purchase!