

# RUNNING & CORE DEVELOPMENT PROGRAM

**RecPlex** and **Kenosha Running Company** are joining forces to introduce a new perspective and approach for all those looking to start, re-start, improve their running abilities and enhance their performance. *This program is welcoming to all levels regardless of experience or level of fitness.*



## ABOUT THE PROGRAM

Brian Thomas will be directing the program and his personal approach will ensure your success. Each session will be "75 Minutes" and will include: **Dynamic Warm Up, Cardio Workout and Core Development Drills.**

### Key Aspects:

- Assess running bio-mechanics and guide to make improvements
- Develop cardio program based upon your current fitness level (*even for those who have never run before or those that veterans*)
- Determine range of motion, stability and mobility to determine best core development drills.
- Dynamic Warm Up to allow your body to have a great work out.

### The "75 Minute" Workout:

Dynamic Warm Up	20 minutes
Break	5 minutes
Cardio	20 minutes of running or walk/run (each individual could have slightly different workout based on level of fitness and ability)
Break	5 minute break
Core Development	20 minutes (universal drills and individual drills based on your specific needs)
Stretching	5 minutes

## THE DETAILS

<b>WHEN</b>	Mondays and Thursdays  5:45am - 7:00am OR 5:45pm - 7:00pm
<b>DATES</b>	January 28 - March 22
<b>FEES</b>	\$138

**Registration:** [recplexonline.com](http://recplexonline.com)

**Questions:** [swiedmeyer@pleasantprairiewi.gov](mailto:swiedmeyer@pleasantprairiewi.gov)



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