

RUN. TRAIN. SUCCEED.

YMCA Running Group Training Sessions Winter 2019—Registration Dec 29th 2018

Walk to Run 19ong 0210Winwalk Beginner Level Free to Members \$125 Non-Mem Ongoing 13-wk session. May join at any time.		
Location	Day	Time
North Y	Monday	5:15-6:30pm*
Northwest Y	Monday	9:30-10:45am*
	Wednesday	5:15-6:30pm*
Hal Welsh East Y	Thursday	6pm-7:15pm*
Southwest	Tuesday	9:30-10:45am*

Run Club 19ong 0210 Winrun Beginner-Intermediate Level Free to Members \$125 Non-Mem Ongoing 13-wk session. May join at any time.		
Location	Day	Time
North Y	Monday	6:30-7:45pm*
	Wednesday	5:45-6:45am
		9:30-10:45am*
Northwest Y	Tuesday	5:45-6:45am
	Thursday	9:30-11:00am*
		6:30-7:45pm (at Elden Elementary)
Hal Welsh East Y	Thursday	5:45-6:45am
		9:30-11:00am*
		6:00-7:15pm
Manlius Y	Monday	5:30-6:45pm*
Southwest Y	Tuesday	9:30-10:45am
Southwest Y Track	Wednesday	5:45-6:45am
Downtown Y	Tuesday	5:45-6:45am
	Thursday	12:10-12:50pm**
SW Track	Thursday	6:00-7:00am***

Hydro Running 18ong 0210Winhydro Free to Members Increase cardio output with zero impact. Great alternative to running when injured!		
Location	Day	Time
North Y	Wed	11-12pm
	Friday	10:00-11:00am*
Northwest Y	Tuesday	6:30-7:30am
	Thursday	6:30-7:30am
Hal Welsh East Y	Monday	9:15-10:15am*
	Thursday	4:00-5:00pm
Downtown Y	Tuesday	7:30-8:30am
		12:10-12:50pm

Half Marathon, Marathon, and Ultra Distance 19ong 0210spton or 19ong 0210ULTRA \$125 Members \$250 Non-Mem Session: Jan 8-Jun 8 Ultra \$150/\$300		
Location	Day	Time
North Team TBA	Wednesday	6:30-8:00pm
East Team TBA	Tuesday	6:30-8:00pm
Alternate Between Hal Welsh East Y/ Northwest Y	Wednesday	9:30-11:00am*
<i>Saturday Developmental Long Run Included</i>		

Developmental Long Run		
Location	Day	Time
North Y	Friday	9:30-11:00am*
Northwest Y	Monday	9:30-11:00am*
Hal Welsh East	Monday	9:30-11:00am*
Green Lakes State Park Saturdays on even calendar days 7:00am Marathoners 8:00am All Welcome		
Onondaga Lake Park at Willow Bay Saturdays on odd calendar days 7:00am Marathoners 8:00am All Welcome		

Private run lessons with a YMCA running coach are available.

Video Ran Analysis - \$25 to members

Name: _____

E-mail: _____

Cell phone number: _____

* Childcare accessible **red denotes change**

** CLIMB! Class: involves intense cardiovascular training using running and stair climbing intervals

*** Mechanics & Efficiency: Dynamic mobility, drills, and specific workload tailored to your goals.

For more information and any questions, please contact Jennifer Hughes, Multi-Sport Director, at jhughes@syracuseymca.org.