



City of Laguna Hills Half Marathon & 5K Running Clinic Series

With optional training run each week!

Are you thinking about participating in the Laguna Hills Memorial Day Half Marathon or 5K? If you are or you just want to know more about structuring your running and nutrition program, you won't want to miss the Laguna Hills Memorial Day Running Clinic Series! Topics discussed at the clinics will cover all of the important elements from having a successful training program to having a great race.

This running clinic series will be taught by leading local running coaches and nutrition experts. There will be an optional 30-45 minute training run prior to each session. Water and light refreshments will be provided. You won't want to miss even one clinic so sign up early because space is limited!

Session Title

DATE

Getting Your Training Program Started

2/28

Nutrition for Endurance Sports

3/28

How to Run Faster

4/11

Pre-Race Preparations

5/9

Day: Saturday

Time: 10:00 - 11:00 AM *

*Participants taking part in the training runs
should arrive by 9:00 am.

Class #: 672

Fee: FREE

(Registration recommended)

Ages: 18 and older

Location: Laguna Hills Community Center

25555 Alicia Parkway, Laguna Hills, CA 92653



To register or more information, please call (949) 707-2680
or visit us online at ci.laguna-hills.ca.us.