

THE ROAD TO WELLNESS

EMPOWERED BY:

THE
**DIMOCK
CENTER**



FREE Weekly Saturday Trainings

8:45 - 10 AM

JUNE 4TH - AUGUST 27TH

We will be holding weekly summer trainings leading up to the September 10th event for participants of ALL fitness levels.

PHASE ONE

JUNE: BUILD

Weeks 1 - 4: June 4, 11, 18 & 25

FRANKLIN PARK PLAYSTEAD

Pierpont Road, Franklin Park

Evaluations and Assessment

Intro to run/walk pacing

Pace and breathing techniques

PHASE TWO

JULY: ENDURANCE BUILD

Weeks 5 - 8: July 9, 16, 23, & 30

SHATTUCK PICNIC GROVE

Circuit & Forest Hills Drives, Franklin Park

Pacing techniques such as:

- Intervals
- Tempo
- Hill Drills
- Timed recovery

PHASE THREE

AUGUST: TRAIN TO WIN

Weeks 9 - 12: August 6, 13, & 20

Mock Race on August 27

THE DIMOCK CENTER

55 Dimock St. Roxbury, MA 02119

Course introductions

Tempo Runs

Course timed trial runs



Learn more and sign up at

ROADTOWELLNESS5K.COM