



HOMETOWN FITNESS

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WWW.MYHOMETOWNFITNESS.COM

YOUR ULTIMATE PLAINFIELD HARVEST 5K RUN/WALK PERSONAL TRAINING SYSTEM

JOIN HOMETOWN FITNESS BY AUGUST 1ST FOR THE 8 WEEK TRAINING PROGRAM, AND WE'LL EVEN PAY YOUR ENTRY FEE FOR THE RACE! WE WILL HELP YOU ACHIEVE YOUR MISSION - WHETHER IT'S TO POST A BEST TIME, FINISH THE RACE, OR EVEN EXCEL AT THE NEXT LEVEL. BY FOCUSING YOUR STRENGTHS AND REPLACING YOUR WEAK LINKS, HTF WILL PROVIDE A CUSTOMIZED PLAN TO MAKE YOUR ATHLETIC AMBITIONS BECOME REALITY.

HERE IT IS:

1. GAMEPLAN - HAVING A LONG TERM PLAN FOR SUCCESS.
2. COMMAND PERFORMANCE PSYCHOLOGY - UNDERSTANDING HOW TO WIN.
3. EAT-TO-WIN NUTRITION - FUELING YOUR BODY.
4. DURAMAX INJURY PREVENTION – RUNNING STRONG... FOREVER.
5. ADVANCED SPEED TRAINING – DEVELOPING THE PROPER SYSTEMS.
6. SPECIALIZED PERFORMANCE – FINE TUNING.
7. STAYING MOTIVATED – GETTING TO THE FINISH LINE.

Cost: \$99

- INCLUDES 8 WEEK ALL ACCESS PASS TO HTF
- 8 WEEK 5K TRAINING PROGRAM
- RACE ENTRY
- RACE T-SHIRT

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