



SPACE COAST MARATHON

First or Fastest!

TRAINING CAMP



AUGUST 12 – NOVEMBER 25 (RACE DAY)

Running Zone Foundation have teamed with
Coach Barry & Coach Michele Birdwell



15 Week Half Marathon Training Camp

Camp is for beginner and experienced athletes

Full marathon training available, inquire at coach@birdwellsrun.com

Whether your goal is to complete your **first** or **fastest** half marathon,
this camp is for **YOU**

- Daily on line training schedules delivered in email or smart phone
- Mid- week and Sunday morning coached group sessions
- Fluids provided at all group workouts
- Fitness, fun and group camaraderie
- Various workshops with guest speakers discussing topics:
 - Running zone shoe clinic
 - Injury prevention
 - Training paces
 - Nutrition
 - Mental preparation

Sunday morning camp workouts. Most workouts will be at Oars and Paddles Park, Indian Harbor Beach or at Riverfront Park in Cocoa Village. NOTE: First Group Session August 12th, Wickham Park 7:00 a.m.

Thursday evening camp workouts will be held at 6:00 pm at Running Zone.

Entry Fees: *

Half Marathon Camp: \$150

Returning Campers \$125

* Camp fee does not include race entry fee

Kick off meeting: - Tuesday August 7, 6:00 p.m at the Running Zone

Meet your coaches, pick up camp materials and get answers to all your questions.

Barry and Michele are certified running coaches with years of experience. They love training first timers and lead experienced runners to new personal records.

If you this is your first half marathon or ready to kick it up for a new personal record; Coach Barry Michele have your ticket!