

# Train for the Leaf Peeper 1/2 Marathon

**16 WEEKS**  
**JUNE 15 – SEPT 29**  
**TU & TH 6:30PM**

**TEAM**  
**13.1 Studio**

- Pyramid training plan that will prepare new or experienced runners to run the 13.1 mile Leaf Peeper half marathon in Waterbury on Oct. 3rd;
- Non-competitive, fun environment to run at your own pace while enjoying the motivational benefits of being part of a group;
- General guidance and tips on diet and fitness as they relate to endurance training;
- Exercises to stretch and strengthen legs and core muscle groups that will help you run more efficiently.

1 payment \$160/16 weeks

2 payments \$90/8 weeks

4 payments \$50/4 weeks

**Preregistration required.**



For more info. visit [www.OneStudioDanceAndYoga.com](http://www.OneStudioDanceAndYoga.com).  
or call 244-8600.

*One Studio*  
dance and yoga

[www.OneStudioDanceAndYoga.com](http://www.OneStudioDanceAndYoga.com)  
2 Elm Street • Waterbury, VT 05676 • 802 244 8600