



# FROM THE COUCH to the MATTAPOISETT 5 MILER TRAINING PROGRAM

SECOND  
YEAR!

## 12-week Training Program for Beginner/Intermediate Runners

who

Are you new to running? Have you taken some time away from running and are ready to start back up again? Have you participated in some 5K races and are ready to challenge yourself with a little more distance? Are you lacking the motivation to take the next step? If you answered **yes**, then this program is designed for **you!**

what

Beginning April 7th, 2014 Jessica Cavaco, LMT, CPT and owner of Body in Balance Muscular Therapy will be offering a 12-week training program to help prepare individuals for the **5 mile Mattapoissett Road Race**, held on **July 4th 2014**.

when

This program will be held **2 days a week**, on Mondays and Wednesdays, with the encouragement of program participants to run 1 additional day on their own or with fellow teammates. The cost of this 12-week program is \$125 per person.

how

### Learn:

- Seven Running Essentials
- Common Running Mistakes
- Proper Running Attire/Gear
- Importance of Hydration
- How to train Safely & Effectively
- Pre/Post Warm-up Stretches
- Tips for Dealing with Pre-race Jitters
- The Importance of Self Care & Maintenance

why

The 5 Mile Road Race is **fun** and **challenging** for athletes from all backgrounds and of all fitness levels. So come join us and get outside, off the couch, meet new people, have fun and **get in shape!** Of course, before starting this or any serious exercise program, please consult with your doctor first to ensure your readiness to participate.

Lic.# 376248

### 2013 Testimonials

- I learned how to properly stretch, eat, dress, & hydrate in order to run the best that I could! - *Gina M.*
- Running coach Jessica is a consistent source of encouragement, inspiration, and practical information about running. - *Lisa G.*
- I would highly recommend this program to anyone that is the slightest bit interested in taking up running. Prior to the program, I felt conspicuous running on my own through the streets in town but now I feel so confident in my running ability I do it without giving it a second thought. - *Tim W.*

Visit  
[www.mattapoissettroadrace.com](http://www.mattapoissettroadrace.com)  
for race information/race  
registration. Contact Jessica  
(below) to register for training  
program.



**Body in  
Balance**  
Muscular Therapy