



## **\*\* 2017 OFFICIAL TRAINING COURSES\*\***

**Community Run Club | Women's Only | Junior Programme**

**Proudly Presented by Front Runner Sports**



### **YOUR CHEVRON CITY TO SURF FOR ACTIV GOAL?**

Is this your year to try something new, chase a PB, run a new distance or just be a part of the longest running Fun Run in Western Australia? Team Front Runner are here to help and look forward to assisting you, your family and friends prepare in style for the 2017 Chevron City to Surf for Activ!

### **WHO IS TEAM FRONT RUNNER?**

Established in 2002, Team Front Runner are proud to be recognised as Perth's leading experts in running and triathlon consultancy. Team Front Runner includes Accredited Coaches, Physiotherapists, Exercise Physiologists, Sports Scientists & Dietitians.

Our coaching team are all accredited running coaches and pride themselves on a high degree of specialisation, focus on ongoing professional development and have a commitment to understanding the needs and demands of all runners, from beginner to elite, junior to masters to help them achieve their personal goals in health and fitness.

### **TRAINING COURSES FOR EVERYONE**

To help you, your family and friends prepare for the 2017 Chevron City to Surf for Activ, we have put together a great range of options from community training courses (4k-21.1k options) at 4 locations, a central Women's Only course (4k-12k) and a Junior Course (4k).

This years' training courses are equally suited to those looking to run their first City to Surf 4km or 12km, fitness enthusiasts looking to chase a Personal Best or advanced fun runners stepping up to the Half Marathon challenge.

Through targeted prescription for each race distance, we cater for all ages, experience and ability levels.

**Front Runner Sports**

Wembley- West Perth

[www.fronrunnersports.com.au](http://www.fronrunnersports.com.au)

## WHAT YOU GET IN A TEAM FRONT RUNNER COURSE?

- **Professional Coaches:** All our coaches are Athletics Australia accredited coaches with Working with Children Cards and we are trusted partners of both Athletics WA and Triathlon WA.
- **Flexibility:** choose the course that suits your event goal and either weekday only OR full course option including weekend sessions.
- **Community:** as Perth's most trusted and experienced training group, we cater for beginners, fun runners and race winners. Any age and ability! A friendly community feel will help you to take your experience to the next level.
- **Personal Paces:** Your goals and training need to be specific to you. We take the time to establish your personal run pace zones and reassess them throughout the course to quantify your training and measure your improvement.
- **Experienced support:** You will have on going support with weekly emails, technique & training tips. We have conducted 11 previous courses for the event at the community and corporate level. Team Front Runner have coached individuals to their personal goals since 2002. 2 of our coaching staff have been previous event winners and 3 more have been on the podium!
- **Great Value:** We love running and want to see you achieve your goals. All our courses are great value without ever compromising on quality!

## LETS GO! CHOOSE YOUR COURSE BELOW AND START MOVING TOWARDS YOUR GOALS

### 1. [Community Run Club- Starts 19 June \(10 week training Course\)](#)

<b>Lake Monger Training</b> <ul style="list-style-type: none"> <li>- 4km</li> <li>- 12km</li> <li>- Half Marathon</li> </ul>	Monday 5.30pm-6.30pm Thursday 5.30pm- 6.30pm Saturday 6.30am- 8.00am (Endurance Run West Perth- Optional)	<div style="text-align: center;">  </div> <p>Week Day Only- \$179 Full Course- \$269</p>
<b>West Perth Training</b> <ul style="list-style-type: none"> <li>- 12km</li> <li>- Half Marathon</li> </ul>	Tuesday 6.00am- 7.00am Thursday 6.00am- 7.00am Saturday 6.30am- 8.00am (Endurance Run West Perth- Optional)	<div style="text-align: center;">  </div> <p>Week Day Only- \$179 Full Course- \$269</p>
<b>North Beach Training</b> <ul style="list-style-type: none"> <li>- 4km</li> <li>- 12km</li> <li>- Half Marathon</li> </ul>	Tuesday 6.00am- 7.00am Thursday 6.00am- 7.00am Saturday 6.30am- 8.00am (Endurance Run West Perth- Optional)	<div style="text-align: center;">  </div> <p>Week Day Only- \$179 Full Course- \$269</p>
<b>Applecross Training</b> <ul style="list-style-type: none"> <li>- 4km</li> <li>- 12km</li> <li>- Half Marathon</li> </ul>	Tuesday 6.00am- 7.00am Thursday 6.00am- 7.00am Saturday 6.30am- 8.00am (Endurance Run West Perth- Optional)	<div style="text-align: center;">  </div> <p>Week Day Only- \$179 Full Course- \$269</p>

2. [FRESH Women's Only Group- Starts 3 July \(8 week Training Course\)](#)

<b>FRESH Women's Only Training (West Perth)</b> <ul style="list-style-type: none"><li>- New to Running (4km)</li><li>- Running for Fitness (up to 12km)</li></ul>	Monday 6.00am- 7.00am Wednesday 6.00am- 7.00am	<a href="#">Book Here</a> Full Course \$195
-------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------	------------------------------------------------

3. [Junior Programme- Starts 10 July \(6 week Training Course\)](#)

<b>Junior (11-15 years) Training (Lake Monger &amp; WA Athletics Stadium)</b>	Monday 5.30pm-6.30pm Tuesday 5.30pm- 6.30pm Thursday 5.30pm- 6.30pm	<a href="#">Book Here</a> Full Course \$119
-------------------------------------------------------------------------------	---------------------------------------------------------------------------	------------------------------------------------

4. [Elite and Advanced Runners](#)

Contact [admin@fronrunnersports.com.au](mailto:admin@fronrunnersports.com.au) to apply and acquire more information

**DO YOU NEED MORE INFORMATION OR HAVE A QUERY?**

If you have any queries or just want other help with your running goals, please call Keely our Operations Manager on 0478841104 or email us [admin@fronrunnersports.com.au](mailto:admin@fronrunnersports.com.au)

We look forward to welcoming you to Team Front Runner and helping you to achieve your goals in the 2017 Chevron City to Surf for Activ.

