



FORM FITNESS & FUNCTION

HOT CHOCOLATE 10K TRAINING PROGRAM

Taught by Tom Dessereau
Marathoner and Running Coach
15 years coaching experience
over 30 years running experience

\$100 for 10 weeks

**10 Week Training! Starts November 9th!
Beginners - Intermediate - Advanced
Workouts Wednesdays @ 6PM & Saturdays @ 9AM**

Meeting at UNC-A and Carrier Park



- Speedwork
- Hill Work
- Distance Training
- Warm up and cool down
- Focus on form, technique, ease, lightness & injury prevention
- Personalized attention

Also Available:

Private Coaching

Individualized Training Schedules

Pilates Workouts

The Art of Running With The Alexander Technique

TO SIGN UP OR FOR MORE INFORMATION:

828-225-3786

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