

**14**  
**WEEKS**  
**a new**  
**2PR**



**BOSTON LONG ISLAND**  
**NEW JERSEY LONDON\***  
**MARATHON**

**NASHVILLE**  
**US HALF-SAN FRAN\***  
**1/2 MARATHON**

Prepare for the early downhill miles of Boston and the famed heartbreak hill. Improve your speed, stay healthy, & gain strength & endurance that will help you break through that 20 mile wall.

## **14 WEEK MARATHON AND 1/2 MARATHON PROGRAM**

\*POSSIBLE TARGET RACES. TRAINING OPEN TO ANYONE RUNNING A SPRING HALF OR FULL MARATHON

### **KICK OFF MEETING**

Informational meeting on JANUARY 10th at 7:30pm.  
Training begins the 11th. For more details: [TERRIERTRI.COM](http://TERRIERTRI.COM)

# THE COACHES

## SPENCER CASEY

With 25 years of competitive running experience and 10 years of coaching experience coach Casey has coached athletes of all levels from beginners to Olympic trials qualifiers.

Head coach of the NYAC elite running team and head running coach of Terrier Tri triathlon team. A former elite runner with PR's of 1:06 half marathon and 2:23 marathon.

## KEVIN HORTY

Kevin is the head coach of the NY Harriers men's and women's competitive running teams. Kevin has nearly 20 years of competitive running experience, with a half marathon PR of 1:14 and a full marathon best of 2:41.

## WHAT YOU GET

### COACHING

- 3 weekly group coached sessions in Central Park (Tues/Fri @ 6am & Sun at 8:30am). Sessions include speed work, fartlek runs, hill workouts, tempo runs and fast finish long runs
- A weekly training schedule, which includes 5 days/wk of running + strength & core workouts
- Online email support from Coach Casey & Coach Horthy

**COST:** Terrier Tri Members: \$350    Non-Members: \$395

### FOR MORE INFORMATION:

**WWW.TERRIERTRI.COM**  
**917-501-9721**

**QUESTIONS?** [spencer@terriertri.com](mailto:spencer@terriertri.com) or 917-501-9721