

food



*fitness*TM

Fuel your Body, Fuel Results

Train for Change - 10-19 week training series programmed by



Included:	Iron Pig Duathlon Training Series - 1/20/18 - 3/31/18	Ozark Valley Triathlon Training Series - 3/24/18 - 6/3/18	Multi-Sport Mixer Training Series - 1/20/18 - 6/3/18	Fayetteville Half Marathon Training Series - 8/12/18 - 11/3/18*
Weekly Saturday Clinics	10 weeks	10 weeks	19 weeks	12 weeks* (*Labor Day, 9/2 Clinic Excluded)
Written Training Plan	X	X	X	X
Training T-Shirt	Short Sleeve	Short Sleeve	Long Sleeve	Long Sleeve
Iron Pig Duathlon Race Entry with race T-shirt (\$60 value)	X		X	
Ozark Valley Sprint <i>OR</i> International Triathlon Race Entry with race T-shirt (\$65-75 value)		X	X	
Fayetteville Half Marathon Race Entry with race T-shirt (\$70 value)				X
Additional All Sports Production Race Entry with race T-shirt (\$60-65 value)	Eurekan 5k & RAPTOR 10k Trail Race	Eurekan Triathlon	Eurekan Triathlon & RAPTOR 10k Trail Run	Eurekan 5k
Nutrition samples	X	X	X	X
Hydration samples	X	X	X	X
Registration Fee	\$225	\$245	\$350	\$185



Training Program:

- ▶ 10 week program
- ▶ 10 weekly clinics, every Saturday from 1/20/18 - 3/31/18* (*final clinic on race day of Iron Pig DU, 3/31)
- ▶ Registration into Iron Pig Duathlon (\$60 value) with race T-shirt
- ▶ 10 week written training program
- ▶ Training T-shirt
- ▶ 2 ADDITIONAL Entries into All Sports Productions events: *Eurekan 5k* & *RAPTOR trail run* (5k) (\$60 value)
- ▶ Nutrition/Hydration samples

\$225
Registration
Fee



Training Program:

- ▶ 10 week program
- ▶ 10 weekly clinics, every Saturday from 3/24/18 - 6/3/18* (*final clinic on race day of OVT Tri, 6/3/18)
- ▶ Registration into Sprint (\$65 value) OR International (\$75) with race T-shirt
- ▶ 10 week written training program
- ▶ Training T-shirt
- ▶ 1 ADDITIONAL Entries into All Sports Productions event: *Eurekan TRI* (\$60 value)
- ▶ Nutrition/Hydration sample

\$245
Registration
Fee



Multi-Sport Mixer Training Program

- ▶ 19 week program
- ▶ 19 weekly clinics, every Saturday from 1/20/18 - 6/3/18* (*Final Session will be on Race Day for OVT Tri, 6/3/18)
- ▶ Registration into Iron Pig DU (\$60 value) & OVT Sprint (\$65) with race T-shirt
- ▶ 19 week written training program
- ▶ Long Training Sleeve T-Shirt
- ▶ 2 ADDITIONAL Entries into All Sports Productions event: *Eurekan TRI & RAPTOR Trail Run* (\$60 value)
- ▶ Nutrition/Hydration samples

\$350
Registration
Fee



Training Program:

- ▶ 13 week program
- ▶ 12 weekly clinics, every Saturday from 8/11/18 - 11/3/18* (*excludes Sat, 9/2 Labor Day Clinic; final clinic will be race morning on Fayetteville Half Marathon, 11/3/18)
- ▶ Registration into Fayetteville Half Marathon (\$70 value) with race T-shirt
- ▶ 13 week written training program
- ▶ Long Sleeve Training T-shirt
- ▶ 1 ADDITIONAL Entries into All Sports Productions event: *Eurekan 5k* (\$30 value)
- ▶ Nutrition/Hydration samples

\$185
Registration
Fee