

ARE YOU READY FOR THE BEST HALF MARATHON IN FLORIDA? TRAIN WITH US!

Half Marathon Training Program

Excited about running your first Half Marathon or looking for a new PR? Join The Gulf Coast Runners and AllDayEndurance in preparing for the Naples Daily News Half Marathon!

What?

- This is a comprehensive half marathon training program for runners of all levels.
- Training will consist of 2 structured runs each week.
- Pre planned training plans available in 3 levels - beginner, intermediate, and advanced.
- Swag bag and T-shirt for anyone who joins in Oct, and is committed to complete the 3.5 month training program.

When?

- Training with Coach Aubrey Aldy and the GCRunners commences on Monday, Oct 2nd.
- The target race is Naples Daily News Half Marathon on Sunday January 14, 2018.
- Training will consist of 2 structured/coached runs each week.
- Monday and Wednesday nights from 6:15pm to 7:30pm.

Where?

- Naples High Track, located at: 1100 Golden Eagle Cir, Naples, FL 34102
- Park in the lot on the North side of the track. At the intersection of Goodlette-Frank Rd and 22nd Ave.

Cost: \$35 for the Month of coached track runs, \$150 for the entire 3.5month program including training plan and swag, and \$10 drop ins are always available for guests!