

EveryOne's 5k Training Plan

Thinking about running a 5k?

Not sure what it takes or where to start?

We've got the perfect plan!

The Athletic Club of Bend, lululemon, and Lay It Out Events have partnered up to offer an EveryOne's 5k Training Plan just in time for Sister's Happy Girls 5k, November 3rd, 2018.

Included:

8 week training plan, for all levels, prepared by Ryan Levering, Athletic Club of Bend.

- Weekly group run
- Strength training plan
- Q&A with the pros
- Yoga Recharge Flow class with Rebecca Bell
- Social recovery hour at lululemon, Old Mill
- 20% off entry fee for Sister's Happy Girls 5k

Kick off on Tuesday, September 25th, 5:30pm-7pm

