

# Soaring Wings Half Marathon Training Program



Educational sessions will be held  
in the classroom at  
Conway Regional Health & Fitness Center

To register for the training program  
visit <http://swhalf.com/training>

## Educational Sessions

Week	Date	Time	Topic	Speaker
1	Tuesday, August 3	6:00 p.m.	Benefits of Stretching & Yoga	Amy Routt & special guests
2	Tuesday, August 10	6:00 p.m.	Benefits of Strength Training	Cliff Wekkin
3	Tuesday, August 17	6:00 p.m.	Choosing The Right Shoes	The Sporty Runner
4	Tuesday, August 24	6:00 p.m.	No Educational Session	
5	Tuesday, August 31	6:00 p.m.	Overtraining/ Managing Mileage	Mallory Tate
6	Tuesday, September 7	6:00 p.m.	Injury Prevention	Julie Shock
7	Tuesday, September 14	6:00 p.m.	Benefits of Training in the Water	Chris Brynell
8	Tuesday, September 21	6:00 p.m.	No Educational Session	
9	Tuesday, September 28	6:00 p.m.	(FMS) Functional Movement Screening	Robin Dayer
10	Tuesday, October 5	6:00 p.m.	Benefits of Massage	Amanda Davis
11	Tuesday, October 12	6:00 p.m.	Nutrition for the Endurance Athlete	Kellie Turpin-Dye

[www.conwayregional.org/healthfitnesscenter](http://www.conwayregional.org/healthfitnesscenter)

Don't miss the educational sessions as we will have drawings for those in attendance!