

**Want to run faster for longer distances?
Interested in a different type of training?
Looking for motivation and camaraderie?**

Join us for Tuesday Night Workouts!

With The USATF-LI

LONG DISTANCE RUNNING DEVELOPMENT PROGRAM

When:
Tuesday Evening

Where:
Farmingdale H.S. Track

Time:
7:00 to 8:30 pm

How Much?
FREE!



Sanctioned by
USATF-LI

Participants must be a
member of USATF-LI
Applications available at the track

**This Program Will Improve Your Race Times
at All Distances** (including half marathon/marathon)
by Focusing on:

- ▶ Biomechanics – Utilization of Proper Technique and Form
- ▶ Drill Work and Neuromuscular Training
- ▶ Lactic Tolerance – Improving Anaerobic/Lactic Threshold & VO2 Max
- ▶ Speed Development, Running Economy and Finishing Kick
- ▶ Strength, Conditioning and A LOT of Core Work!

**Run on the track and condition your body
through strength and core exercises,
drills, and neuromuscular training.**

Sunday RUNS!

January thru April - We will be working on
tempo runs & long runs, plus hill training.
We meet at 9:00 am at the Farmingdale High School parking lot.

Thursday RUNS!

1 hour hill workout!
We meet at 8:00 pm at the HB Mattlin Middle School parking lot.

COACHES: Fred Benlein, CSCS – USATF Level III Coach –
Endurance, Level II Coach – Sprints/Hurdles/Relays
Kevin Kremler – USATF Level I Coach
Mary Lenzi – USATF Level I Coach
Glen Wolther – USATF Level I Coach

For Additional Information Contact: Fred Benlein (516) 728-4754 - fpbenlein@msn.com
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