

Instructor: Sandi Healey
NASM and certified ADAPT Instructor

Certified Personal Trainer with Cascade Athletic Clubs, Adapt L2 trained, 26 years experience as a coach for running, triathlon, and swimming.

Sandi's current interests are back packing, obstacle course runs (Warrior Dash and Hybrid Games) and swimming. She will be training alongside the 1/2 marathon group, too!

ADAPT

Beaverton, OR

Cascade is a satellite location for the ADAPT Program, home office in Beaverton. The ADAPT training system is a human performance development program. The program is formed around the principles of how your body adapts to specific stimulus to produce the desired results. This philosophy uses individualized assessment and personalized programs to identify and correct muscular dysfunction. The goal is to restore, develop, and maintain a balanced muscular and skeletal. ADAPT Training includes individualized routines, and group classes.

CASCADE ATHLETIC CLUBS

www.CascadeAthleticClubs.com

Cascade Athletic Club Memberships:

CAC has four locations, two in Gresham, one in Portland and one in Vancouver. The atmosphere caters to everyone; families, individuals, and seniors. Each club has on-site child care for members while in the club. There are indoor and outdoor pools at 3 locations, racquetball, tennis, basketball courts, and state of the art fitness areas. The biggest assets are the people. Employees are well trained and genuinely care about the members. Our members are the happiest around. Please call for an appointment at the club near you. Visit the web site for more information; www.cascadeac.com

Cascade Athletic Clubs 1/2 Marathon Training Program



*Train smart and a
1/2 marathon is in
YOUR future!*

What you can expect from CAC's program:

- Individual range of motion and muscle function evaluation
- Workouts and stretches tailored to each individual's needs
- Personalized run progression program
- Group runs and support crew with other participants
- Learn to love running
- Group T-Shirt
- 10% Discount at Portland Running Company
- Tools you can use long after the programs ends

**The Rock N Roll 1/2 Marathon on May 20th, 2012
is our target race. Please visit rocknrollmarathon.com
and click on the Oregon race for details and registration**

Cascade Athletic Clubs - Gresham
19201 SE Division, Gresham, OR 97030
503.665.4142

4 CAC Locations in Gresham, Portland & Vancouver
www.CascadeAC.com

1/2 Marathon Training Program

This program is designed for the non-runner, new runner and injured runner. It starts with NO running at all.

Running is one of the best forms of exercise, but it is also one of the hardest on a body that is not ready for the demand on joints and muscles. Injuries are common but can be avoided with training that prepares the body for the demand of running BEFORE the running actually begins.

Program Nuts & Bolts

September/October

- Sign-up
- Individual Adapt evaluation to assess flexibility and strength
- Group meet & greet

October

- Individual weekly sessions begin.
- Sessions will focus on range of motion and strength exercises.

November/December

- Group meetings (weekly) ADAPT Routines, Running Efficiency Routine, discussions on shoe choices, running in the elements, and nutrition issues.
- Homework will be assigned.

January thru April

- Group meetings (bi-weekly) ADAPT structural routines, group runs, Q & A
- Homework will be assigned.



Program Fees:

The fee for this 7 month program is \$550 for CAC members and \$710 for non-members. (If a participant becomes a member during the 7 months, a credit of up to \$160 will be applied to your CAC account)

The fee includes:

- Individual Adapt Functional Evaluation (Sept. & Oct.)
- 1 x 30 minute weekly individual session in October
- 1 x 60 minute weekly group training Nov. & Dec.
- 1 x 60 minute, bi-weekly group training January thru May

(Fee does not include race entry. Running the 1/2 marathon in May is optional. An individual can go through the program just as way to begin running safely).

Registration:

Please call the CAC Gresham location at 503.665.4142 to register for the program, and to set-up the one-on-one Adapt Functional Evaluation appointment. Please make appointment with Sandi Healey by calling 503-665-4142.

Questions

Direct any questions to Sandi Healey at
CAC-Gresham, 503.665.4142,
or e-mail her at: trainer.sandi@cascadeac.com.