

RELAY WALK COACHING PROGRAM

Willamette Valley Relay & Portland To Coast

Whether you' participating in a relay walk for fun, fitness or competition, EROFIT & Associates individual and team training programs can help you achieve your goal. .

For more informtion Contact Judy
503.282.1677

Many relay teams & participants have improved their times and enjoyment

TEAM Training Programs

FOUR PROGRAMS FOR DEVELOPING A SUCCESSFUL & FUN RELAY WALK EXPERIENCE

- BASIC PROGRAM:** One-Hour Session - For TEAMS interested in basic efficient walking technique; avoiding injuries; stretching; being mentally & physically prepared; what to eat & wear.
- INTERMEDIATE:** Three One-Hour Sessions - For TEAMS that want to learn faster walking technique; mileage base building; PTC training techniques; includes Basic Program agenda.
- RACEWALK PROGRAM:** Three One-Hour Sessions - For TEAMS who have completed the Technical Program and are interested in racewalk training for faster times; workout schedules; track & road workouts.
- "ORPHANS" PROGRAM** Single One-Hour Session - For INDIVIDUAL team members, this follows the Basic Program agenda.

HOW YOU AND YOUR TEAM WILL BENEFIT FROM OUR TRAINING

- Learn the Most Exciting & Efficient Walking Technique.
- Learn how to Train for & Finish this Challenging Event, Injury Free - and HAVE FUN!
- Learn how to Set Realistic Individual & Team Goals.
- Learn how to Walk the Hills, Apply Pacing Strategies, Proper Hydration, etc.

CERTIFIED COACHING PROVIDED BY:

Judy Heller • (503) 282-1677 • judy@erofit.com