

Training Philosophy

Our training philosophy is to focus less on winning and more on being our best self. During the course of this training, participants will concentrate on a self development goal.

They will learn to recover properly to help reduce risk of injury. Redirect their focus on improving their distance and times rather than comparing it to others.

As a group, we will work together to ensure everyone feels successful in their running and health goals.

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN TOGETHER TO BE BETTER

Contact Sarah Knowlton for more information at

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FOR YOUTH DEVELOPMENT®
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WALK BEFORE YOU RUN

Turkey Fit

For people of all running levels, come join us for our Turkey Fit group class to work up to this year's Turkey Trot 5k! This class will give you the skills you need to enhance your running technique, form, and recovery methods.



Turkey Fit Program

This is a 12-week training program that will meet 4 times a week. During this training, participants will focus on developing positive running habits to keep the body healthy and moving.

Training Focus:

- Injury Prevention/Recovery
- Running Form
- Strength Training
- Aerobic Capacity
- Nutrition

The Turkey Fit training program is designed to optimize your overall running performance. Your health is important to us and we want to ensure you have all the information you need to not only be successful, but safe when running.



Turkey Fit Orientation

Join us on Tuesday, September 4 for the Turkey Fit Orientation!

Times:

8:30 am

5:30 pm

Discussion Topics:

Program Layout/Schedule

Nutrition

Intro to Running

Physical Test:

VO2Max

Running Form

Heart Rate

Blood Pressure

Strength



Turkey Fit Information

Registration:

August 13 - 31

Session Dates:

Sept. 5 - Nov. 22

Days/Times:

M/W/F 8:00 am

or

M/W/F 6:30 pm

Saturday 8:00 am (Included in both options)

Age: 18 or older

Class Limit: 20

