

# Born to Run Half Marathon Training Class

presented by BRIN Running Series

September 1 - November 8

Weekly classes to be held at Madonna  
ProActive, 7111 Stephanie Lane, Lincoln, NE

In our desire to be a part of the Lincoln and Omaha running communities, BRIN will be sponsoring a 10-week 1/2 marathon prep class beginning September 1st in preparation for the Fall 1/2 Marathon season. This class will be held in conjunction with BRIN's 'powered by' sponsor, Madonna ProActive. We are very excited to provide this service, and believe the unique talents of the coaches, along with the amazing array of services provided through the program will help make this fall your best season of racing yet! Even if it is your first, we will still make it your best yet! We are just that good!

On that note, all fitness levels are MORE than welcome. Our coaches pride themselves in finding the perfect training plan for you. Whether it's your first or your 10th, it is our goal to get you to the finish line happy and healthy!



## COST OF THE 10-WEEK PROGRAM

- **Early Bird Rate: \$99**  
Available through August 24 at 11:59 p.m. CT
- **Regular Rate: \$119**  
From August 25 at 12:01 a.m. CT - August 31 at 11:59 pm. CT

With a value of over \$400 in personalized training & information, there is no reason NOT to be the most prepared runner at the start line!

Contact BRIN Series Race Director Zach Harsin with questions at: [brinrunningseries@gmail.com](mailto:brinrunningseries@gmail.com), 402-464-2020, [www.bornandracedne.com](http://www.bornandracedne.com)



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## HOW TO REGISTER

Please register online at [www.bornandracedne.com](http://www.bornandracedne.com) or go to the Born and Raced in Nebraska Facebook page and find the link.

## TRAINING SCHEDULE

- **Wednesday Evening Runs**  
6:30 p.m. start time from Madonna ProActive
- **Saturday Morning Runs**  
Times & locations will vary throughout Lincoln

## INCLUDED IN THE 10-WEEK PROGRAM

- 10 group long runs (\$50 value)
- 10 group workouts/runs - e.g., hills, speed, & core work (\$50 value)
- 10 Class Punch Card to Madonna ProActive (\$120 value)
- Individual running form analysis by Madonna
- ProActive Sports Performance (\$75 value)
- 1 BRIN shirt (\$20 value)
- 10-week individualized training plan and unlimited access to coaches before & after workouts. (Can't beat individual attention!)
- 10 informational/education emails with weekly check-in on progress
- 4 Informational speakers on these important topics:
  - Proper nutrition – Madonna ProActive
  - Injury prevention/treatment – Madonna TherapyPlus
  - Benefits of soft tissue treatment – Synergy Chiropractic
  - Race week preparation – Dr. Scott Swanson, experienced marathoner



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