

COACHES

Julia Widstrand is a certified Level 1 USATF Track & Field Coach and a Sports Performance Coach through USA Weightlifting and the National Association of Sports Medicine. She has over 20 years coaching experience in track & field, swimming, volleyball and strength & conditioning. She is a former Division 1 hurdler and quarter-miler and a Conference champion swimmer. Julia continues to compete in track, triathlons and the occasional road race.

Miriam "Mimi" Hodgins just concluded her collegiate career at UC San Diego with a dual CCAA conference championship in both Cross Country and Track & Field (1500, 800). She is a 3 time NCAA All American and the 2005 NCAA West Region Athlete of the Year. Mimi brings years of distance training experience and a great smile to the FOXathletics team.

Stanford graduate student **James Nielsen** squeezes in running while working for a PhD in electrical engineering. He is both a Nike Farm Team member and Triathlete. He holds too many World, US and NCAA titles in the 5000, 10,000 and Cross Country to mention in such a small space. James is also an accomplished Road Racer, most recently winning the Marin Memorial 10K and as a Triathlete, just placed 3rd in the Collegiate Nationals Triathlon this past April.



Half Time

Women's Half Marathon Training Program

Name: _____	Birthdate: _____
Gender: M/F Experience level: _____	
Address: _____	
City: _____ State: _____ Zip: _____	
Phone: _____ (hm) _____ (cell)	
Emergency Contact: _____ Phone: _____	
Please make checks payable to FOXathletics	
216A Main St. Los Altos, CA 94022 650-862-2655	



HIGHLIGHTS

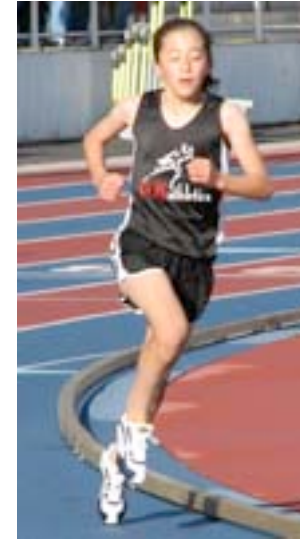
- ⇒ 3 Four Week Cycles
- ⇒ Structured Workouts
- ⇒ Experienced Coaches
- ⇒ 4 Group Practices per week
- ⇒ Proper Running Mechanics
- ⇒ Training Manual
- ⇒ Mid Series Races
- ⇒ Racing Strategies
- ⇒ Group Camaraderie
- ⇒ Cost \$250.00

HALF TIME

A 12 week distance training program designed for both the experienced and inexperienced half marathoner. Runners will meet 4 times per week to work on endurance, speed, strength, flexibility and running mechanics. Training includes both long runs and track workouts. There will also be discussions about choosing the correct running shoes, avoiding injury, proper nutrition and hydration, and racing strategies.

All participants will receive the FOXathletics "training manual" with structured workouts, training log, terminology, nutritional guidelines and much more. The program culminates with the group running the San Jose Rock & Roll Half Marathon October 8th. The first practice will be held at 6am on Tuesday July 18th at the Los Altos high school track.

Tues & Thurs 6-715am
Weds 5-6pm
Sun 8-915am
All training in Los Altos



FOXATHLETICS

FOXathletics was created for the advancement of the sport of Track & Field and for the development of speed for all sports. We run both competitive track & field and cross country racing teams, offer clinics for speed development, track & field events, distance training, adult "boot camps" and sport specific speed and conditioning clinics, along with personal Core-based fitness training. FOXathletics most recently added a summer volleyball training group. Please visit our website for more information.