



The Whole Runner Project - Holiday Edition

Presented by coach Heike McNeil PhD, Ashlee Francis from Sweat PNW and Andrea Lopriore, Registered Dietitian

Beat the holiday slump and stay on track with your fitness goals. This 8-week program is designed to keep you motivated and connected, whether you've been running for a while or you're lacing up your shoes for the first time. The training plan is specifically designed to get you ready for a **5K race on January 1, 2026**. Setting a powerful tone for the new year is just the beginning. Race participation directly funds **shoe grants** for Central Oregon middle and high school cross country and track athletes who otherwise wouldn't have access to proper running shoes

Event Details

- **What:** Coached run workouts, 8-week 5k training plan, strength workouts and nutrition for runners educational videos
- **When:** The program runs from **November 3rd through December 27th**. In-person workouts begin on November 4th and conclude on December 23rd.
- **Where:** 📍 Sisters Middle School Tennis Courts (We'll meet at the track right next to the tennis courts)
- **Cost:**
 - **\$109.00** for individuals
 - **\$119.00** per family

What to Expect

- **Weekly Coached Runs:** Join coach Heike McNeil for in-person workouts every **Tuesday from 5:45 to 6:45 p.m. starting November 4th** at the Sisters Middle School track. She will guide you through running drills and workouts to build your fitness. If you can't make a session, the workout will be emailed to you so you can complete it on your own time.
- **8-Week 5K Training Plan:** Receive a comprehensive training plan in your inbox every Monday. You can choose from either a **beginner or intermediate** plan.
- **Expert Videos:** Receive a short strength video from Ashlee Francis of Sweat PNW and a nutrition tip video from Andrea Lopriore, RD in your inbox every Monday. These resources will complement your training and help you feel your best.
- All paces are welcome - come join the running community

How to Join

- Don't miss out! To reserve your spot on the waitlist or to gather more information, email heikemc2002@gmail.com by Saturday October 25th.

The holiday season can make it tough to stay motivated, but you don't have to do it alone. Join us to build a supportive community, improve your running, and feel great all season long. Bring a friend, a partner, or your whole family! We can't wait to run with you!



