



MOXY TRIPLE CROWN

ENDURANCE BOOT CAMP

AUG. 24—OCT. 24

This year in Endurance Boot Camp you will be challenged to become a stronger, faster and more efficient runner through cross training, drills and long runs. Over the course of 9 weeks, you can expect to increase overall endurance, confidence and most importantly, your appreciation for **“Running like a girl!”**

For those looking to truly test their physical and mental endurance..... Commit to taking on the challenge of the **Moxy Triple Crown!** (The “Triple Crown” is an unofficial title given to someone who wins three major championships in the same year). This fall the Moxy Triple Crown will consist of training for and completing three trail running events (10K or half marathon distances) all in the same season. The events you will train for are: the first ever **“Son of..... 6 mile!!” Trail Run** (a super fun, challenging and *quirky* Moxy sponsored event), **The Kokanee Trail Run** and **The Fall Colors Trail Run**. The Triple Crown is a commitment to only yourself. It keeps you motivated through the fall and in the end gives you a huge sense of accomplishment! **Three Events. One Commitment.**

TC Half

Weekly Long Run:

Week 1—6 miles

Week 2—8 miles

Week 3—10 miles

Sept. 18— Son of a... 10K

Week 5—11 miles

Oct. 3—Kokanee Half

Week 7—6 miles

Week 8—9 miles

Oct. 24—Fall Colors Half



*“I know I run like a
GIRL...
Just try to keep up!!!”*

TC 10K

Weekly Long Run:

Week 1—4 miles

Week 2—5 miles

Week 3—5 miles

Sept. 18— Son of a... 10K

Week 5—5 miles

Oct. 3—Kokanee 10K

Week 7—4 miles

Week 8—5 miles

Oct. 24—Bliss 10K

To reserve your spot in the **Endurance Boot Camp** please send payment in full **(\$275)** to the address below. Be sure to sign up early as space is limited and both groups are likely to sell out.

★ **1605 Skyline Dr.** ★
So. Lake Tahoe, CA 96150

FAQ's

- ◆ Workouts will be held **Tues-Sat @ 6:00am**
- ◆ Long runs are held on Saturday mornings
- ◆ Cost is **\$275** (Boot Camp swag is optional)
- ◆ Includes clinics on nutrition, running technique and fueling for the long run.
- ◆ While the Triple Crown is the ultimate accomplishment, you can pick and chose which events you would like to do. Whether you do **ONE** event, **TWO** events, or all **THREE**, you will still have nine weeks of awesome endurance training.

“RUN WITH GIRLFRIENDS.... IT'S CHEAPER THAN THERAPY.”