

TRAINING STUDIO

Join the Training Studio and Get Fit. Stay Fit!

Sign up for the 2012 training program and you will be ready to participate in the Kentucky Derby Festival Spring races. Great benefits include:

- An organized route established each week, with mile markers, arrows, water stops and snacks/refreshments afterwards.
- Pace groups to ensure everyone has social support along the way.
- Speed workouts @ Waggener High School (Tuesday evenings @ 7:00 pm) in conjunction with Ken Combs Running Store.
- High-tech, wicking team shirt (1st 150 registrations only)
- Weekly correspondence via the Training Studio website blog.
- Detailed maps of each training route posted weekly in the blog.
- Comprehensive online running manual designed to enhance your running experience.
- One month of strength training sessions at The Training Studio (River Road facility)
- Various interactive and educational seminars throughout the program
- 10% discount off all purchases at Ken Combs Running Store.

Contact us today and get started:

Visit our website: thetrainingstudio.com

Come by one of our two locations:

St. Matthews location

161 St. Matthews Avenue, Suite #11

Louisville, KY 40207

Phone: (502) 893-4024

Downtown location

1348 River road

Louisville, KY 40206

Phone: (502) 583-8858

[get fit]
LET US SHOW YOU HOW TO
[stay fit]
FOR THE REST OF YOUR LIFE!