

# SOMA TRAINING

2010 SEATTLE ROCK 'N ROLL HALF MARATHON | SATURDAY JUNE 26

Challenge yourself by running the Seattle or Las Vegas 1/2 marathon this fall. Lose a few extra pounds, run faster and better, set a new PR and accomplish your personal goals.

## Our complete training program includes:

- 15 week training program, 22 training sessions
- Speed/interval workout on Tuesday evenings
- Long group runs on select Saturdays
- Course specific runs and hill training
- Complete training schedule for beginners and intermediate runners
- Soma Training workout shirt

**When:** Begins March 16, Tuesday evening, 7:00 - 8:00pm (Saturdays locations TBA)

**Where:** Lower Woodland Park, Greenlake Track, Field #7  
Meet near the bleachers on the inside of the track.

**Coaches:** Dillon Kreider & Rachel Scheiner

**Cost:** \$275

## Information Session:

Tuesday, March 16, 6:30pm at The Greenlake Track

## What You Need to Know:

All workouts can be adjusted to suit your ability and goals.

Any age, beginner to intermediate runners welcome. All participants walk/jog/run at a pace comfortable to their individual fitness levels. The coaches and participants are very friendly and supportive.

Saturday start times may vary depending on locations, weather and/or group requests.

If you can't join us for the first couple of training sessions, I will prorate your training fee. Drop-ins for Tuesday nights and Saturdays are \$15 each.

## Required Training Gear:

Running Shoes

Digital Watch

Proper Running Attire - layers for inclement weather or lightweight rain jacket as needed.

Water Bottle(s) as needed for longer runs.

## What You Should Be Doing Now:

If you are new to running or haven't run in a while, you should start by running 3 days per week from 20-30 minutes per session. If you are unable to jog/run the entire time, then incorporate walk/jog intervals into your session. Example: Run 8 minutes, walk 2 minutes, run 8, walk 2 etc...

If you have been running on a regular basis, at least 2-4 times per week, stick with your regular schedule. If you have been running 20-30 minutes you should start gradually increasing your time. And if you can run comfortably for 40-60 minutes, then you are doing great!

**Training Schedule:**

|                      |                           |          |
|----------------------|---------------------------|----------|
| All Tuesday Sessions | Greenlake Track, Field #7 | 7:00pm   |
| Saturday, March 27   | The Fitness Lab, Fremont  | 10:00am  |
| Saturday, April 10   | TBA                       | 10:00am  |
| Saturday, April 24   | TBA                       | 10:00am  |
| Saturday, May 8      | TBA                       | 10:00am  |
| Saturday, May 22     | TBA                       | 10:00am  |
| Saturday, June 5     | TBA                       | 10:00am  |
| Saturday, June 12    | TBA                       | 10:00am  |
| Saturday, June 26    | Rock-n-Roll Half Marathon | Race Day |

**Additional Services Available:**

One-on-One and Partner Personal Training

Better Bodies: Strength Training Group for Women, Monday and Wednesday evening, 7:00 - 8:00pm

Tempo Run Partner: Private session with Rachel for pace work/run with intensity to improve overall time and quality of training runs.

**Contact Info:**

Dillon Kreider, ACSM  
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# POLAR HEART RATE MONITORS

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## **POLAR F4** .....\$89.95

Featuring a new, slim design, the F4 is Polar's first heart rate monitor designed specifically for women. It's packed with innovative training features to help you toward your exercise goals, including:

\* **Zone Pointer:** A visible and audible feature on the display of your heart rate monitor showing your target heart rate zone and where your current heart rate is within that zone.

\* **Polar OwnCal:** Shows your energy expenditure during one exercise session as well as your accumulated kilocalories during several exercise sessions. You can set daily and weekly exercise goals in terms of calorie expenditure with the OwnCal feature. Because the OwnCal tracks both the energy expenditure during one exercise session and the accumulated kilocalories during a longer time (e.g. one week), it helps in achieving both short-term and long-term goals.

\* **Fitness Bullets:** Shows a bullet on the monitor's display for every 10 minutes spent exercising/training in your target heart rate zone. The Time in Target Zone feature calculates the amount of total exercise time spent in your personal target zone. You can use this feature together with the Total Exercise Time to determine the effectiveness of your exercise program.

Key Features:

- \* Display of heart rate, exercise time, and average heart rate
- \* 24-hour clock with day/week indicator and stopwatch
- \* Large easy-to-read display with split screen
- \* One-year average battery life
- \* Water resistant to 30 meters (100 feet)



## **POLAR F5** .....\$89.95

Ideal for general fitness, running, and other cardio workouts, the Polar F5 heart rate monitor watch combines all the necessary heart rate features with a sleek, high-quality design. Heart rate watches are essential training tools for many runners, as they help you perform a mix of endurance workouts, tempo runs, and AT intervals by leading you through the routines and giving you valuable feedback on how to turn your weaknesses into strengths.

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Key Features:

- \* Zone Pointer mode shows where your current HR fits within target zone
- \* OwnCal mode shows energy expenditure during single and accumulated sessions
- \* Self Walk Test that measures fitness on brisk 1.24-mile walk; includes stopwatch
- \* Water-resistant to 30 meters; offers visual and audible alarms
- \* Stopwatch

