

# BECOME A MEMBER

ISSUE 24

01

Running club

1. Community & Social Support
2. Structured Training
3. Planned program tailored individually for you. Expert Guidance
4. Increased Confidence
5. Fun and Enjoyment
6. Minimum of once a month community run

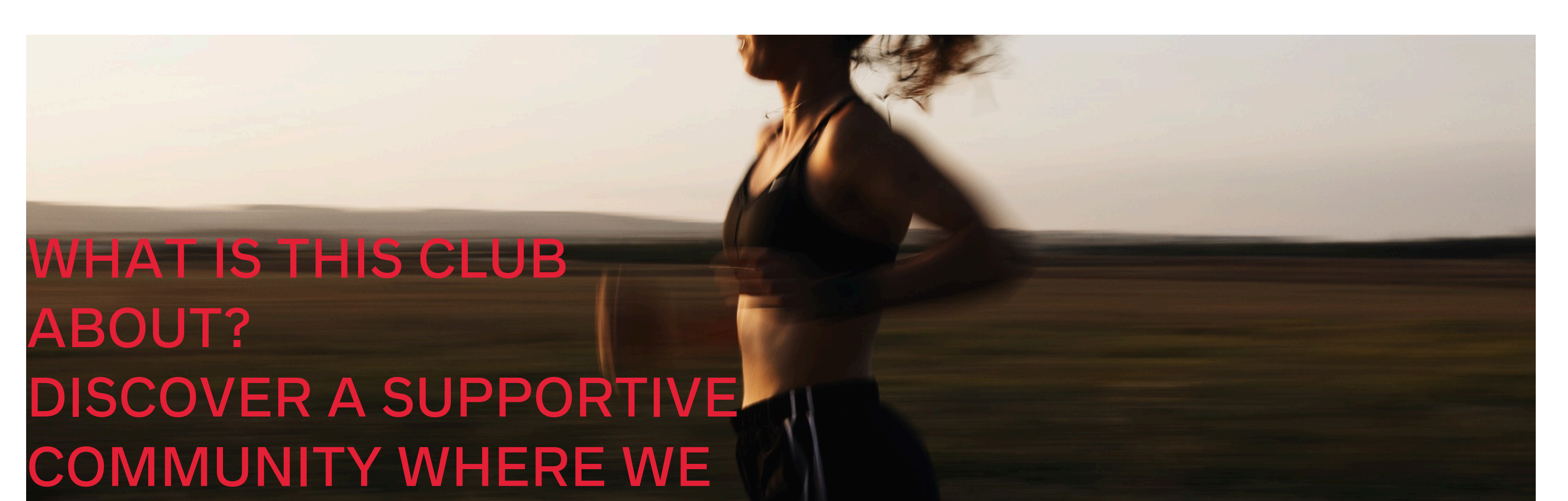
ARC

@vickytokareva

# Acid Run

# Club





WHAT IS THIS CLUB  
ABOUT?  
DISCOVER A SUPPORTIVE  
COMMUNITY WHERE WE  
COME TOGETHER TO  
PUSH OUR LIMITS,  
ACHIEVE OUR GOALS, AND  
HAVE A GOOD TIME  
ALONG THE WAY.

*Acid Run Club*



# How dose it work?

## Group Chat

We have a group chat where runners can communicate, send feedback and agree on group runs. I send recomondations, nutrition, running gear, technique and everything to do with running.

## Training Peaks

Platform that allows me to set your training plan as well as track your progress. You can leave feedback after each session directly under the session if needed. This is private. Non of the club members have access to that except the coach :)

To become a club member we advice you have a smart watch (garmin, Polar, Apple) that will automatically sync with training peaks



# Plan for 2024-5

Preparation races can vary depending on where you are based, Vienna half marathon states the same for everyone.



CYP

5KM TEST X3

LARNAKA

17/11/2024 5,10,21

PAPHOS

5,10,21 KM

VIENNA

21.1KM

**You DO NOT need to take part in these specific races !!!**  
Everyone has an individual calendar, the plan will be tailored individually



# I WANT TO JOIN

First 12 LADIES  
€50/MO

1. Three running sessions per week
2. One core session (online)
3. Recommendations in GC
4. Community & Social Support
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6. Planned program tailored individually for you.
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9. Minimum of once a month community run

Standard  
€75/MO

1. Three running sessions per week
2. One core session (online)
3. Recommendations in GC
4. Community & Social Support
5. Structured Training
6. Planned program tailored individually for you.
7. Increased Confidence
8. Fun and Enjoyment
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Sorry guys, this is a ladies offer only.  
P.S we want more fit girls in our team ;) and I'm sure you do too



Acid Running  
Club -  
something  
you can  
implement  
into your  
routine today.