

Fitness training offered for LT running events

Barton Health's is initiating a Train for an Event Fitness Challenge from March to June.

Fitness experts will provide the training, skills, and workouts to prepare participants for the Rock Tahoe Half Marathon or Burton Creek Trail Run. This includes sports performance clinics, individualized weekly workout plans, and training sessions.

The 16-week training challenge starts March 2 and runs through June 21.

Barton Health's certified coaches will lead six training sessions each week on Mondays, Tuesdays, Thursdays and Saturdays. Sessions will focus on cardio and core workouts, speed and interval training, cross-training, and distance walk and/or run sessions.

The training culminates with the Rock Tahoe Half Marathon on June 20 or the Burton Creek Trail Run on June 21. Burton Creek options include a 6K (3.7 miles), 12K (7.5 miles), half marathon (13.1 miles), or 50K (30 miles). The Rock Tahoe Half Marathon will end at the Hard Rock Casino with a pool party.

All participants receive a Barton Health tech-shirt, unlimited access to training sessions, and team discounts on event registration. Discounts are \$15 off the Rock Tahoe Half Marathon and 15 percent off any Burton Creek Trail Run.

This program costs \$99. For details or to register, email Krista Carson at kcarson@bartonhealth.org or call 530.600.1958.