



*w e s t c o a s t r o a d r u n n e r s*

# HALF & FULL MARATHON TRAINING PROGRAMS



**ALL Paces Welcome!**

**Race Discounts • Weekly Training Schedules**

**Saturday Pace Group Runs/Walks**

**Weekly Track Workouts • Run/Walk Courses**

**Certified Coaches • Year Round Training**

**3 Training Locations**

*[www.wcroadrunners.com](http://www.wcroadrunners.com)*