

CES and our dedicated coaches have guided athletes of ALL levels across the finish line of the Chicago Marathon for over 21 years. Our Marathon Training program will prepare you for the race, no matter what your experience level is. **First Timer?** We'll guide and teach you how to train safely and effectively, so you can finish the race with a smile on your face. **Looking for a PR?** Our coaches will provide you with a challenging, effective, smart training program to help you record a personal best at this year's marathon. **CES is family.** CES is more than *JUST* about the finish line. It's about living a fit, happy lifestyle. It's about camaraderie and support. It's about having fun, meeting great people and learning about yourself and what you're capable of.

CES offers two options for training: Group (in person) and Virtual (train on your own):

No matter which option you choose, you'll be welcomed as a member of the CES family and will receive the service & support you need to be successful.

WHAT'S INCLUDED?

ALL athletes that train with CES (**Group OR Virtual**) will receive the following:

- ❖ Professional, experienced (and nice!) coaches to help navigate the training season
 - Answer your questions, assist with adjustments to your training, motivation
- ❖ Comprehensive, daily training plan for all ability levels and goals— delivered via FREE online TrainingPeaks account
 - Running and Run-Walk training plans available, based on your current fitness & goals
- ❖ Custom, performance CES running singlet
- ❖ Weekly email newsletter with tips on training and program updates
- ❖ Exclusive, Members Only Facebook Group to share ideas, ask questions and keep each other motivated through the season
- ❖ Discounts/promotions & support from our partners
- ❖ Educational seminars & clinics

The CES Long Run (Group and Virtual)— a fully supported 20-Mile Long Run (like the rest of our long runs, only WAY better!)

- ❖ Supported by CES Coaches and multiple Pace Groups (run & run/walk)
- ❖ Loop course starts & finishes in Lincoln Park, next to the Zoo
- ❖ Aid Stations & Post-Run treats, stretching, etc.

Race Day Resort (RDR)*— The PREMIER race day accommodations for the Chicago Marathon!

- ❖ UNBEATABLE INDOOR LOCATION, overlooking Grant Park (2 blocks from the start/finish)
- ❖ Indoor restrooms, gear check, pre/post run food, beverages
- ❖ Complimentary Medal engraving
- ❖ Friends & Family access available

***NOTE:** Access to RDR is included with GROUP Training. Access to RDR for VIRTUAL athletes depends on the partnership level chosen by Charity.

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Athletes that choose our **Group (in person)** training will receive these **ADDITIONAL** benefits:

- ❖ Coach led group training — twice per week
 - Weeknight runs (form, speed, technique)
 - Weekend long runs, led by experienced Pace Leaders for multiple paces and distances
- ❖ Multiple Fleet Feet Training Locations available
 - Indoor, Dry, secure gear storage, restrooms, changing rooms and water are available
 - Forget something? Expert gear & apparel support from Fleet Feet
- ❖ Weekly Q & A with our coaches before & after all workout sessions
- ❖ Post-workout stretching & core work with pacers & coaches
- ❖ Meet new friends and training partners

What's the biggest difference between the Virtual & Group Training options?

- ❖ **Virtual Training** is designed for those athletes that are *unable* to make it to the Group Training locations. ***Attending Group Runs is NOT an option for Virtual Training athletes.*** If you would like to attend the Group Training sessions – even if it's only every once in a while! – you must register for the Group Training option. If you have no option of attending the Group sessions, the Virtual Training option is the next best thing – and our Virtual Coaches will take great care of you and make you feel part of the CES family!
- ❖ **Group Training** is where you'll meet other athletes like you, converse directly with the coaches, meet our vendor Partners and get the extra motivation and accountability from your peers & coaches. As a Charity Athlete, it's also another opportunity for you to spread the word about WHY you're training for the marathon. Wear your Charity Team apparel during the runs – you never know who might be moved by your cause.

If you have the ABILITY to join the Group Training option, we HIGHLY recommend it.