

WHY TRAIN WITH CES?

CES and our dedicated coaches have guided athletes of ALL levels across the finish line of the Chicago Marathon for over 17 years. Our 19-week program will prepare you for the race, no matter what your experience level is. **Looking for a PR?** Our coaches will challenge you with challenging, effective, smart training!

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

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

- ❖ Professional, experienced (and nice!) coaches to help navigate the training season
 - Get your questions answered, make adjustments to your training, motivation
- ❖ Comprehensive, daily training schedule for all ability levels and goals— delivered via FREE TrainingPeaks account
- ❖ Running and Run-Walk training plans available
- ❖ Custom, performance CES running singlet from Nike
- ❖ 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 from our partners
- ❖ Educational seminars & clinics
- ❖ **The CES Long Run*** (group and all 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, massage, etc.

*Access depends on partnership level chosen by Charity
- ❖ **Race Day Resort*** (group and all inclusive virtual)— The PREMIER race day accommodations for the Chicago Marathon!
 - GREAT 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

*Access for VIRTUAL athletes depends on partnership level chosen by Charity

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 Pace Leaders for multiple paces and distances
- ❖ Five (5) Fleet Feet Sports Training Locations available (subject to change)
 - Dry, secure gear storage, restrooms, changing rooms and water are available
 - Forget something? Expert gear & apparel support from Fleet Feet Sports
- ❖ 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
- ❖ Smart ID shoe tag for emergency info