



FIRST 5K PROGRAM

L2 PERFORMANCE TRAINING

Laurie Lasseter

American Council on Exercise – Certified Personal Trainer, Certified Group Fitness Instructor

Finishing your first 5K race can be one of the most rewarding experiences and accomplishments of your life. In addition, getting in condition to run your first 5K can lead to weight loss, body composition improvements and other health benefits that can greatly improve quality of life. The road to this accomplishment can be challenging and can be derailed by injury. Building up running mileage for the first time to achieve your first 5K can create stresses on the body that can sometimes aggravate pre-existing postural and muscular imbalances. Fortunately, these injuries can often be prevented through a personalized, proactive muscular endurance, strengthening and stretching program that works in concert with your cardiovascular training to help you arrive at the start line both fit and injury-free.

Laurie Lasseter of L2 PERFORMANCE TRAINING (an ACE Certified Personal Trainer and ACE Certified Group Fitness Instructor) is uniquely qualified to work with you to create such a program and achieve your endurance event goals. With over 25 years of Fitness Industry and Endurance Running experience, completing 26 marathons (including 3 Boston Marathons) and numerous other distance events from 5Ks to Half-Marathons, she has used these methods to help herself and her clients achieve many injury-free race completions.

Contact:

L2 PERFORMANCE TRAINING

Laurie Lasseter

ACE-certified Personal Trainer and Group Fitness Instructor

Cell: 847-477-5462

Email: laurie@L2PerformanceTraining.com

Web: WWW.L2PERFORMANCETRAINING.COM