



HALF MARATHON TRAINING PROGRAM

L2 PERFORMANCE TRAINING

Laurie Lasseter

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

Finishing your first Half Marathon can be one of the greatest experiences and accomplishments of your life. The road to this accomplishment can be challenging and can often be derailed by injury. Half-marathons and other extreme endurance sports require higher volumes of training that can often 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 Marathon, she has used these methods to help herself and her clients achieve many injury-free half-marathon completions.

Contact:

L2 PERFORMANCE TRAINING

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