



**2018 First Strides Lehigh Parkway Allentown  
Tuesday Schedule FALL SESSION  
(begins July 31<sup>st</sup>, 2018)**

<p><u>WEEK 1 - July 31st</u></p> <ul style="list-style-type: none"> <li>• Why Women Run and Walk</li> <li>• Training Principles</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Michelle Sames, Program Leader</p>
<p><u>WEEK 2 - August 7th</u></p> <p>Core Strength</p> <ul style="list-style-type: none"> <li>• Form &amp; Breathing</li> </ul>	<p><u>START TIME 6:15 PM</u></p> <p>Kelsey Coates LVHN</p> <p>Michelle Sames, Program Leader</p>
<p><u>WEEK 3 - August 14th</u></p> <ul style="list-style-type: none"> <li>• Injury Prevention</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Dr. Ed Schwartz Coordinated Health</p>
<p><u>WEEK 4 - August 21st</u></p> <ul style="list-style-type: none"> <li>• Bra Fitting</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Eileen Showlin Portz ? (Sue Henry Aardvark ?)</p>
<p><u>WEEK 5 - August 28th</u></p> <ul style="list-style-type: none"> <li>• Footwear</li>   <li>• Timed Mile</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Jon Notary Aardvark Sports Shop</p>
<p><u>WEEK 6 - September 4th</u></p> <ul style="list-style-type: none"> <li>• Sports Nutrition &amp; Weight Mgmt</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Leslie Billowitch RD LVHN</p>
<p><u>WEEK 7 - September 11th</u></p> <ul style="list-style-type: none"> <li>• Heart Health for Women</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Dr. Kelly Wanamaker Cardiothoracic Surgeon LVHN</p>
<p><u>WEEK 8 - September 18th</u></p> <ul style="list-style-type: none"> <li>• Clothing &amp; Safety Equipment</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Chris Schmidt Emmaus Run Inn</p>
<p><u>WEEK 9 - September 25th</u></p> <ul style="list-style-type: none"> <li>• 5K Preparation</li>   <li>• Timed Mile</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Michelle Sames</p>
<p><u>WEEK 10 - October 2nd</u></p> <ul style="list-style-type: none"> <li>• What's next? Continuing to Improve</li> <li>• Graduation Celebration (post-workout)</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Michelle Sames</p>

- **GOAL EVENT: Women's 5K Classic, October 6<sup>th</sup> 2018**
- **RACE PREVIEW DAYS:**
- **BONUS NIGHTS: 6PM Sundays at Trexler Park, Allentown**