



**2018 First Strides Lehigh Parkway Allentown
Wednesday Schedule FALL SESSION
(begins August 1st, 2018)**

<p><u>WEEK 1 - August 1st</u></p> <ul style="list-style-type: none"> • Why Women Run and Walk • Training Principles 	<p><u>START TIME: 6:15 PM</u></p> <p>Judy Morrison, Program Leader</p>
<p><u>WEEK 2 - August 8th</u></p> <p>Core Strength</p> <ul style="list-style-type: none"> • Form & Breathing 	<p><u>START TIME 6:15 PM</u></p> <p>Kelsey Coates LVHN</p> <p>Judy Morrison, Program Leader</p>
<p><u>WEEK 3 - August 15th</u></p> <ul style="list-style-type: none"> • Injury Prevention 	<p><u>START TIME: 6:15 PM</u></p> <p>Dr. Laura Dunne OAA</p>
<p><u>WEEK 4 - August 22nd</u></p> <ul style="list-style-type: none"> • Bra Fitting 	<p><u>START TIME: 6:15 PM</u></p> <p>Eileen Showlin Portz ? (Sue Henry Aardvark ?)</p>
<p><u>WEEK 5 - August 29th</u></p> <ul style="list-style-type: none"> • Footwear • Timed Mile 	<p><u>START TIME: 6:15 PM</u></p> <p>Chris Schmidt Emmaus Run Inn</p>
<p><u>WEEK 6 - September 5th</u></p> <ul style="list-style-type: none"> • Sports Nutrition & Weight Mgmt 	<p><u>START TIME: 6:15 PM</u></p> <p>Leslie Billowitch RD LVHN</p>
<p><u>WEEK 7 - September 12th</u></p> <ul style="list-style-type: none"> • Heart Health for Women 	<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"> • Clothing & Safety Equipment 	<p><u>START TIME: 6:15 PM</u></p> <p>Jon Notary Aardvark Sports Shop</p>
<p><u>WEEK 9 - September 25th</u></p> <ul style="list-style-type: none"> • 5K Preparation • Timed Mile 	<p><u>START TIME: 6:15 PM</u></p> <p>Judy Morrison</p>
<p><u>WEEK 10 - October 2nd</u></p> <ul style="list-style-type: none"> • What's next? Continuing to Improve • Graduation Celebration (post-workout) 	<p><u>START TIME: 6:15 PM</u></p> <p>Judy Morrison</p>

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