



## 2022 First Strides Lehigh Parkway Allentown Wednesday Schedule SPRING SESSION (begins March 23, 2022)

<p><u>WEEK 1 - March 23</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>Tina Hertel, Program Leader</p>
<p><u>WEEK 2 - March 30</u></p> <ul style="list-style-type: none"> <li>• Footwear</li> <li>• Form &amp; Breathing</li> </ul>	<p><u>START TIME 6:15 PM</u></p> <p>Chris Schmidt, Keystone Running Store</p> <p>Tina Hertel, Program Leader</p>
<p><u>WEEK 3 - April 6</u></p> <ul style="list-style-type: none"> <li>• Bra Fitting</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Sue Henry Ardvaak</p>
<p><u>WEEK 4 - April 13th</u></p> <ul style="list-style-type: none"> <li>• Heart Health for Women</li> <li>• Timed Mile</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>LVHN Cardiologist TBD (Courtney Penrose, LVHN Community Affairs)</p>
<p><u>WEEK 5 - April 20</u></p> <ul style="list-style-type: none"> <li>• Injury Prevention</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Laura Dunn MD, OAA/LVHN</p>
<p><u>WEEK 6 - April 27</u></p> <ul style="list-style-type: none"> <li>• Core Conditioning</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Brielle Weida Exercise Physiologist LVHN (Courtney Penrose, Community Affairs)</p>
<p><u>WEEK 7 - May 4</u></p> <ul style="list-style-type: none"> <li>• Sports Nutrition &amp; Weight Management</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Leslie Billowitch, Registered Dietitian (LVHN Courtney Penrose, Community Affairs)</p>
<p><u>WEEK 8 - May 11</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>Sue Henry, Aardvark Running Store</p>
<p><u>WEEK 9 - May 18</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>Tina Hertel, Program Leader</p>
<p><u>WEEK 10 - May 25</u></p> <ul style="list-style-type: none"> <li>• Yoga for Runners</li> <li>• Graduation Celebration (post-workout)</li> </ul>	<p><u>START TIME: 6:15 PM</u></p> <p>Alyssa Xander, Registered Yoga Instructor Personal Trainer Ayurvedic Health Coach</p>
<ul style="list-style-type: none"> <li>• <b>GOAL EVENT: Summer Series 5K</b></li> <li>• <b>RACE PREVIEW DAYS: Thursday, May 26th</b></li> <li>• <b>BONUS NIGHTS: 6PM Sundays at Trexler Park, Allentown</b></li> </ul>	