



A Women's Running Program with Dr Tan Swee Kheng

Taking up the challenge to complete a 5km, 10km, half marathon, a full marathon or even an ultra marathon can be a daunting task! **An exclusive running program just for women - The First Stride**, is designed to demystify training processes to help women achieve their running potentials. Proper running techniques and form will also be taught and emphasized.

Dr Tan Swee Kheng, Kinesiologist and Movement Specialist, is an advocate for encouraging women's participation in sports. She firmly believes that women can achieve their sporting potentials if given the proper training guidance and the opportunity to make it possible.

The First Stride is an on-going running programme which ladies can join at anytime. For 2008, three programme structures are offered to cater to the busy lifestyle and needs of today's ladies.

Program Structure & Package:

- 1 session per month (designated Thursdays+ Only)
 - \$35 per session
- 1 session per week (every Tuesdays or Thursdays+)
 - \$120 for 4 consecutive weeks
- 2 sessions per week (Tuesdays+ & Thursdays+)
 - \$200 for 4 consecutive weeks
 - \$540 for 12 consecutive weeks

Venue: Botanic Gardens & running track next to Evans road (Bt Timah)

Time: 7pm to 830pm

*No training sessions will be conducted during public holidays or when the days coincide with major running events.

Membership fee: \$30 applicable for Annual Subscription
Includes insurance, The First Stride adidas product, and discounts on adidas products

To sign-up, please email info@fifthray.com

By

Fifth Ray
Integrated Activities