

# BENEFITS OF FUREY 26.2 TRAINING PROGRAM

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- Unlimited access to Coach John Furey via email for questions, concerns, injury issues, and help with training plan
- Email coach as much as you need
- Free injury screenings @ Joint Ventures Physical Therapy
- Post Saturday run injury screening from JV Physical Therapists
- Subscribe to weekly email newsletters with training tips (Begins 12/7 until race day)
- Supported Saturday long runs beginning 1/1. Gatorade, Gu, water, Clif bloks, pretzels, etc provided every 2-3 miles
- Wednesday night group hill runs
- Amazing camaraderie with runners from 20 different charities
- Furey 26.2 training manual for tremendous training, nutrition, and injury info
- Group long run from Framingham to Boston March 26th with post-run party