

# CROSSFIT ENDURANCE

## 12-Week Run Program

Hosted by Bayou City Crossfit



CrossFit Endurance is a training program dedicated to improving performance, fitness, and endurance sport potential. We focus on eliminating unnecessary volume, increasing intensity, improving recovery time, and fine tuning run mechanics.

### October 23 – January 15

Tuesdays: 5:30am or 5:45pm

Thursdays: 5:30am or 5:45pm

Sundays: 5:00pm

#### Bayou City Members:

\$234 / \$6.50 per class  
Payment plan option

#### Non-Members:

\$270 / \$7.50 per class  
Payment plan option

#### Drop-in Workout:

\$20 per class  
If interested, email a  
coach for details.

### Frequently Asked Questions:

#### Why train using this program?

It requires only 6-8 hours per week to compete at marathon and Ultra distances. It will increase not only your speed, but also power, cardiovascular stamina, strength, muscle mass, and anaerobic capacity.

#### Do I have to do CrossFit classes on top of the running classes?

No, but the program is built using CrossFit as the strength and conditioning element. You are unlikely to see all the benefits of the program without adding or continuing CrossFit workouts a few times per week. You may do CFE and CrossFit on the same day, always 3+ hours between for recovery.

#### What will the classes be like each week?

We'll do a combination of short intervals and longer intervals on Tuesday/Thursdays, and tempo runs or time trials on Sundays. Workouts will be scaled depending on individual goals and upcoming races, and we'll coach you on how to improve your run mechanics to become more efficient.

#### More questions about the CrossFit Endurance innovation and benefits?

Visit [www.crossfitendurance.com](http://www.crossfitendurance.com) for information and testimonials, email a coach, or just stop thinking and try it out and experience the programming for yourself.

#### COACHES

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#### BAYOU CITY CROSSFIT

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