

MEET YOUR COACH
ANNAMARIE MCCORMICK-HOWELL

EDUCATION

B.S.Ed. Elementary Education, Shippensburg University
M.Ed., University of Missouri

CREDENTIALS

RRCA Certified Adult Distance Running Coach, ACSM Certified Personal Trainer, Personal Fitness Trainer Specialist (Auburn University), CPR, AED, First Aid Adult & Pediatric Certified

BIOGRAPHY

I began running casually as a means to complete a sprint distance triathlon, but quickly realized that this leg of the race was, by far, my favorite. Since becoming dedicated to this sport 13 years ago, I have raced every distance from 5K- 100K, both in the United States and in many countries in Europe and the Caribbean. I coach because I believe that there is an educational aspect to running that helps newcomers and veterans "find their stride" and realize that running can be an amazing way to explore Europe, meet new people and experience places in an authentic and memorable way.

PHILOSOPHY

Running is a sport that can be enjoyed by anyone. Access to quality coaching and education about the sport of running should be accessible to runners of all skill levels and those with any running related goal. I have had the privilege to coach runners through their first continuous mile, as well as their first marathon. Whether your goal is to run your first 5K, create a long-term, sustainable running habit, qualify for the Boston Marathon or return to the sport after a break, quality coaching will help you achieve these goals.

the sport offers a wealth of quality coaching will help you achieve these goals.



TOWER BARRACKS PHYSICAL FITNESS CENTER
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**RUNNING
COACH
PROGRAM**

TOWER BARRACKS PHYSICAL FITNESS CENTER



RUN



**FASTER AND FURTHER
IMPROVE PERFORMANCE**

ONE-ON-ONE RUN COACHING

This program provides individualized, affordable coaching to runners of all levels hoping to complete a new race distance, run their first event or achieve a personal record. One-on-one coaching provides you with a program designed to fit around your life, workouts designed for your paces and goals and communication about every workout. In addition to providing the runner with a unique plan, runner and coach will meet for a consultation prior to initiating training, meet halfway through the plan to check in and make any adjustments necessary and complete a strength training session or speed session together. One-on-one coaching is designed to enable runners to grow in their sport, integrate running into the rest of their lives and meet their goals.

PACKAGE	SESSIONS	COST
5 KM	6-8 WEEKS	\$80
10 KM	8-10 WEEKS	\$100
HALF MARATHON 10 MI / 15 KM	12 WEEKS	\$120
MARATHON	16 WEEKS	\$140



RUN EUROPE

This program provides an individualized plan of one-on-one coaching, including meetings and workouts with your coach, but enables runners to train while leading up to a race in Europe with their friends! For groups of 2-5 runners who have chosen a destination race in Europe, this package is an affordable, unique opportunity to train at your own individual pace while working out with friends and planning the race vacation of a lifetime!

	HALF MARATHON 10 MI / 15 KM	MARATHON
2 RUNNERS	\$210	\$250
3 RUNNERS	\$270	\$330
4 RUNNERS	\$290	\$380
5 RUNNERS	\$300	\$400



TRACK TUESDAY

A weekly track workout comprised of a warm up, planned track workout and cool down. This track session is designed specifically for Soldiers desiring to improve ACFT/AFPT scores, providing direction on specific pacing strategies for each individuals' pace and accurate lap timing.

Track Tuesday will cost one group fitness ticket. Training is held on the outdoor track at Tower Barracks Physical Fitness Center from 5:30-7 p.m. register in advance. Arrive 10 minutes early to get a stop watch and determine your workout paces.

