



NEWS RELEASE

ROCK THE TC10K WITH “TEAM IN TRAINING” GROUP PROGRAM!

For just \$79, Victoria Athletic Club program helps runners of all levels reach their potential

www.victoriaathleticclub.com

January 8, 2014; Victoria, B.C. – Victoria locals fulfilling New Year’s resolutions by taking on the annual TC10k run can shoot for a personal best by joining a professional group training program at the boutique Victoria Athletic Club. The **comprehensive 14-week program** has been developed for **all levels of running experience**, and includes coaching by endurance sports specialists B78 along with everything a runner needs to get to the finish line.

Called “**Team in Training**,” the program starts on January 22 and guides runners through a graduated group training program leading up to the TC10k on April 27. “Regardless of whether a runner is just starting out, or has been pounding the pavement for years, a program like **this can really help them with technique, discipline, and motivation**,” said Kevin Attewell, director of the Victoria Athletic Club.

For just \$79 (or \$69 for club members), participants receive:

- Run/walk entry to the TC10k event (valued at \$35);
- A 14-week running program;
- Group runs lead by professional trainers;
- Access to an online training platform and app;
- Weekly training seminars;
- Full use of the Victoria Athletic Club including pool, sauna, steam room and hot tub weekly on training day; and
- Plenty of swag including a “Team in Training” technical t-shirt, event shirt, B78 water bottle and jersey bin.

For more information about the program, or to register, visit the Victoria Athletic Club’s website page, www.victoriaathleticclub.com/team-training.

Located inside the **Hotel Grand Pacific** in downtown Victoria, the **Victoria Athletic Club** has been serving residents and visitors for over 20 years. The club offers a full suite of fitness facilities including a state-of-the-art SportsArt cardio equipment along with the energy-harnessing EcoFit program, weight room featuring Paramount strength training equipment and free weights, fitness studio with regularly scheduled classes, 25 metre lap pool, sauna, steam room and hot tub, and squash court.



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