

Winter Warrior Program

Winter Warrior is a 12-week cold weather training program structured to help you cross the finish line at Seroogy's Valentine 5K/15k Run/Walk on February 11. Stay motivated with guidance, advice, weekly group training runs/walks, & clinics on topics such as: safe winter running, proper nutrition, choosing the right gear and avoid injury.

Training Sites

Appleton Program –

Saturday runs meet at Plamann Park

Starts: November 26 at 7 a.m.

Tuesday night runs at Pierce Park

Starts: November 29 at 6 p.m.



GOAL RACE – Seroogy's Valentine 5k /15k Run/Walk in De Pere • Saturday, February 11

As part of the Winter Warriors program, participants will receive the following:

- A 12-week training calendar to follow throughout the program.
- Coach-guided weekly training sessions and regular access to coaches via email during the week.
- Informational clinics on proper footwear, injury prevention, winter safety and more.
- Long-sleeve tech shirt, coupons for key winter equipment and more.
- The camaraderie of others with the same goals.
- Discounted race fees for the Seroogy's Valentine 5k /15k Run/Walk • \$15 instead of \$25.

Program Cost: \$50 More info? fleetfeetfoxvalley.com or 920-830-7867