TeamFootWorks has crafted Fitness 101 Beginner Training program for anyone who wishes to enter or return to a healthier lifestyle. Regular exercise can help protect you from heart disease, stroke, high blood pressure, non-insulin dependent diabetes, obesity, back pain, improve your mood and help you to better manage stress. By running/walking for 30-45 minutes, 3-4 days a week you will soon feel and see the positive results of a fitness-conscious lifestyle.

Participants meet twice a week for about 60 minutes on Mondays and Wednesdays at FootWorks in South Miami at 6:30pm during the 7 week program. FootWorks is located across from the Barnes & Noble at 5724 Sunset Drive. There is plenty of curbside parking as well as two garages and a parking lot. Each session starts with a 5 minute active warm-up. Then participants will follow their group leaders to complete that day’s workout.

Our group leaders are veteran runners and walkers with many miles of experience. Each of them will lead one of the pace groups for the length of the program. The pace groups are walking, 1-1, and 2-1. The 1-1 and 2-1 is our jargon of determining the interval. We break up the larger goal of completing the distance into something a lot more manageable. We will run for just 1 minute or 2 minutes. Then, after each of these segments, we all rest by walking for 1 minute. This interval training or run/walk method allows you to focus on just the next 1 or 2 minute run segment.