Training Program for Everyone
Interval Training Means you Get to Walk
Just 3 Days a Week

Our Fall Training program is our largest running September and October half marathon training option with the target event being our own hometown Miami Marathon. This year, with the uncertainty of events with the pandemic, we will only offer half marathon training (not full). The Miami Half Marathon has not yet been confirmed for January 31, but the A1A Half Marathon (Ft. Lauderdale) has announced their February 14, 2021 date.

The Spring Half Marathon training program begins March 6, 2021. In the past we have targeted local Florida half marathon events (travel expenses and registration for the race are the responsibility of the participant). Last couple of years we finished the program with a 13.1 mile event on our training route in South Miami, finishing at FootWorks. It was a huge hit and everyone loved breaking the finish tape in front of the store. Target event will be determined at the start of the program or shortly thereafter.

The Summer Half Training Program trains participants for the 2021 Miami Beach Halloween Half Marathon. This event marries Halloween, costume themes, and a running event! Each year features a different traditional Halloween character and unique finisher medal. Participants can run in costume and compete in one of several categories like fastest superhero, fastest monster, etc. The Summer Program begins July 10, 2021.

FALL
Half Marathon Starts Sept 26
Dates: Sept 26 to Jan 31
Target Event: TBD
Fee: $99
add $5.97 if paying with CC

SPRING
Half Marathon Starts March 6
Dates: Mar 6 to May 9
Target Event: TBD
Fee: $99
add $5.97 if paying with CC

SUMMER
Half Marathon Starts July 10
Dates: July 10 to Oct 30
Target Event: Halloween Half Marathon
Fee: $99
add $5.97 if paying with CC

BUNDLE!
RUN AND SAVE!

THREE CONSECUTIVE PROGRAMS
Target Event: ALL THREE!
Fee: $199
add $11.96 if paying w/ CC

Mail completed entry form with fee payable by check or money order to:
TeamFootWorks
Attn: Training Programs
5724 Sunset Drive
South Miami FL, 33143

To pay with a credit card please visit TeamFootWorks.org

Program cost does not include race registration fees.
You are responsible for securing your entry to the race.

Check here if you have trained with us before

REQUIRED WAIVER
WAIVER: I know that participating in a run/walk event is potentially hazardous. I will not enter and participate unless I am medically able and properly trained. I warrant I am fit and able to safely complete the event. I assume all risks associated with the event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course. All of these risks are known and appreciated by me. Having read this waiver and knowing these facts, in consideration of your acceptance of my entry, I, for myself, and anyone acting on my behalf, waive, release and hold harmless TeamFootWorks, the Road Runners Club of America, all sponsors, all suppliers, and its affiliates, the municipalities in which the event is held, all the aforementioned named parties' respective directors, officers, employees, agents, assigns, representatives and successors and any official or group associated therewith, from and against all claims, damages, liabilities, costs and expenses, of any kind, including reasonable attorneys’ fees, arising out of my participation in this event even though that liability may arise out of my negligence or carelessness, and/or the negligence of carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event, for any legitimate purpose. I am of legal age, have read this release, fully understand it, and freely agree to all of its terms. I understand there are no refunds, exchanges, or transfers.