



See more at: <https://www.raceentry.com/race-reviews/xc-thrillogy-fitness-team#sthash.es2k2j2Q.dpuf>

## Welcome to the XC Thrillogy Fitness Team!!!!

It is inspiring that you want to regain your fitness and live a healthy lifestyle. We would love to help you along your journey by helping you to establish a fitness routine that is easily implemented.

### Why us?

The XC Thrillogy Fitness Team is a welcoming and encouraging group where we focus on a new lifestyle, not a short term program. We will be focused on being patient, will embrace your current level of fitness, and will develop a workout schedule that is manageable based on your life demands and believing in your dreams-objectives-lifestyle vision.

### Why now?

How long have you desired this for yourself? Probably too long. We have extended our hand and now it is time to step out of your comfort zone and start this journey today.

### Who are we?

Kyle Gilman will be leading the group. He is relatively new to living a healthy lifestyle and regaining his fitness as a runner. Kyle has lost over 230 pounds over the past 16 months. In November 2016, he recently completed a 43 mile trail event and completed the Longest Turkey Trot run/walking from Milwaukee to Chicago with 10 others. Kyle has dealt with many of the emotional, physical, and social issues associated with embracing a new lifestyle by living it one day at a time. He is committed to sharing his struggles (then and now), encouraging you, and holding you accountable when needed.

Brian Thomas will be coaching the group. As a runner for 43 years, a high school cross country and track coach, and a personal trainer, Brian will use his experience to develop workouts that are appropriate based on your current level of fitness and abilities in an encouraging environment that celebrates and builds on success.

## What will a typical group workout look like?

Our workouts will be focused on the following:

- 1. Proper warm-up** -- We will start every workout with a dynamic warm-up, meaning we will be actively moving different body parts to warm up the muscles and slowly increasing heart rate. We will modify these different warm-up drills as needed based on your ability and mobility.
- 2. Cardio** -- The cardio portion of the workout will consist of brisk walking or walking/running and recovery. The duration of the brisk walking, walking/running, and recovery will be determined by your level of fitness and fitness goals.
- 3. Core development** -- In order to avoid injuries, establish proper walking or running form, and reduce compensation issues, we will be developing the muscles in the trunk of your body (back, hips, rear, chest, and abs). Strengthening these core muscles through using a series of drills (modified as needed) will help you stay injury free and will enhance your overall strength.

## Objectives for us:

Establish a routine that can easily be duplicated at home, do the necessary dynamic warm up and core strengthening to make the cardio more enjoyable, keep you healthy and finish each workout so you feel like you could have done more.

### INDOOR WORKOUTS:

Our once a week indoor workouts will be held at Christian Life School in Kenosha, WI located at:

10700 - 75<sup>th</sup> St (Hwy. 50), Kenosha, WI 53142

The school is connected to Journey Church and is about ½ mile east of I-94. Enter through the front door of the school and go into the gym

December Indoor Schedule: 14<sup>th</sup> @ 6:15pm  
21<sup>st</sup> @ 6:00pm  
28<sup>th</sup> @ 6:00am

### OUTDOOR WORKOUTS:

Location: Petrifying Springs County Park in Kenosha, WI. Meet at Shelter 1 across from Dog Park just off the entrance on Cty Rd. JR.

December Outdoor Schedule: 17<sup>th</sup> @ 9:30am  
24<sup>th</sup> @ 9:30am  
31<sup>st</sup> @ 9:30am

## 2017 Fee Schedule

*(December will be free – give us a test drive!)*

Monthly: \$ 30.00

Three Months: \$ 75.00

Six Months: \$130.00

Twelve Months: \$230.00



To become a XC Thrillogy Fitness Team member, please complete the following and mail to:  
**Kenosha Running Company, Inc.**  
**P.O. Box 126**  
**Kenosha, WI 53141**

Please make check payable to:  
**Kenosha Running Company**

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_