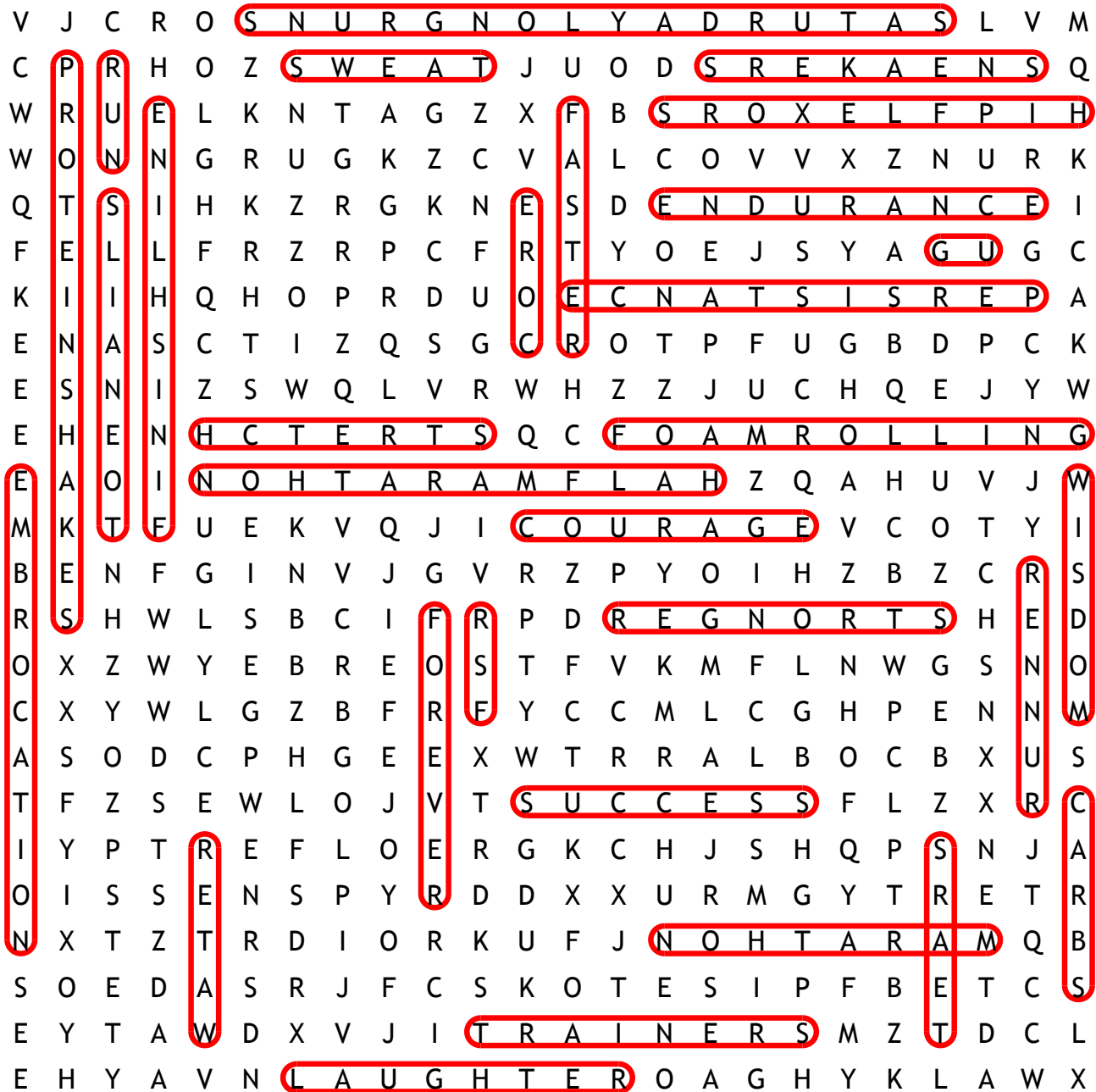


Name: _____

Date: _____

FSR Fargo Marathon Training Group



saturday long runs
 hip flexors
 endurance
 sneakers
 success
 runner
 carbs
 run

protein shakes
 persistance
 laughter
 marathon
 stretch
 faster
 water
 gu

Half Marathon
 finish line
 toenails
 stronger
 courage
 tears
 core

foam rolling
 embrocation
 trainers
 forever
 wisdom
 sweat
 FSR