



# RUNNING GROUP TRAINING SESSIONS

## RUN . TRAIN . SUCCEED Summer 2023

**Walk to Run**  
 Beginner Level  
 Free to Members | \$125 Non-Mem  
 Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	5:00-6:15pm*
<b>Northwest Y</b> Learn to speedwalk!	<b>Thursday</b>	<b>8:30-9:20am</b>
Manlius	Monday	5:30-6:45pm*
Southwest	Tuesday	9:30-10:45am

**Hydro Running All Classes**  
 Free to Members

Increase cardio output with zero impact. Great alternative to running when injured!

Location	Day	Time
<b>North Y</b>	<b>Tuesday</b>	<b>11:15am-12p</b>
	<b>Friday</b>	<b>8:30-9:15am</b>
Northwest Y		See aquatic sched
Hal Welsh East Y	Monday	10:30-11:15am
	Monday	4-4:45pm
Downtown Y	Monday	7:30-8:15am
	Tuesday	12:10-12:50pm

**Half Marathon , Marathon , and Ultra Distance**  
 \$135 Members | \$270 Non-Mem  
 Endurance Training for all races

Location	Day	Time
<b>East Team @ JDHS</b> <small>Jamesville/Dewitt High School</small>	Tuesday	6:30-8:00pm*

*\*may join at anytime*

Private run lessons with a YMCA running coach are available. Sign up online or at front desk  
 Video Run Analysis - \$25 to members

**NEW**

Learn to Race Walk/Speed Walk With Bob Nicholson Thursdays 8:30am at NWY Track!! Starting October 6th!

**Run Club**  
 Beginner-Intermediate Level  
 Free to Members | \$125 Non-Mem  
 Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	5:00-6:15pm*
	Wednesday	5:45-6:45am
Northwest Y	Tuesday	5:45-6:45am
	Thursday	9:30-11:00am*
		6:30-7:45pm Elden Elem, Bville*
Hal Welsh East Y	Thursday	5:45-6:45am
		9:30-11:00am*
Manlius Y	Monday	5:30-6:45pm
Downtown Y	Tuesday	5:45-6:45am
Southwest Y track	Tuesday	9:30-10:45am
	Wednesday	5:45-6:45am

**Developmental Long Run**

Location	Day	Time
North Y	Friday	9:30-11:00am
See locations below	Saturday	7:00-10:00am
Green Lakes State Park at West Beach Saturdays on even calendar days 7:00am Marathoners 8:00am All Welcome Join Us we are back at it!		
Onondaga Lake Park at Willow Bay Saturdays on odd calendar days 7:00am Marathoners 8:00am All Welcome Join Us we are back at it!		

- May join at anytime
- Red denotes change
- Download the YMCA of CNY App or Go to [YMCACNY.ORG](http://YMCACNY.ORG) to register
- Join our FB page for updates **Syracuse Y Runners**

For more information and any questions, please contact Jennifer Hughes, Multi-Sport Director, at [jhughes@ymcacny.org](mailto:jhughes@ymcacny.org)