

Do-it-yourself Personal Training

If you've ever thought about finding a personal trainer but expense and time were an issue, Steve Dunn of Hit the Trails in Park Square has a solution for you. Dunn offers the benefits of a personal trainer at a fraction of the cost. Dunn's initial consultation costs a flat rate of \$50. Similar to a personal trainer, he analyzes your running style and comfort level speed. He then provides a detailed day by day workout schedule with miles and target goal times per mile. The do-it-yourself part begins after that. You take the planned chart and follow the individualized workout yourself. Each day has a running schedule that alternates between an easy workout, which builds the slow firing muscles and the speed workouts, which build the quick firing muscles. Lee Ann Foster of Heron Glen, has signed her son, Dylan Foster, up for the program, "Dylan was interested in running in Newsome track and Steve's workout analysis and schedule fits around homework and other activities. Since Steve is the Newsome track assistant coach, his experience is invaluable."



After the initial schedule, Dunn will get you on the right track for an additional \$125 by jogging with you 3 times during your six week schedule to help you improve your form and monitor the progress of your workout. He calls once a week to monitor how your personal workout is going. It's the ideal trainer for busy moms or people who are trying to improve their physical fitness but can't commit to a set schedule. Dunn's workouts are a lot less expensive than local personal trainers who charge between \$50 and \$80 per hour. With schedules of at least two to three hours per week, the expense of a personal trainer can really add up. Osprey Park resident, Joanne Boerner recently completed the six week training program, "Through the program, I became faster, lost weight, and overall have more energy. Going through the program has been very positive. I've learned a new skill that will keep me healthy my whole life."

Not all of his clients come to him as joggers, in fact some just want strategies to improve their walking workouts. Dena Ubillos started a walking program with hopes of building

up to jogging, “I have so much more energy since beginning the program. It’s been amazing. Mentally, after I exercise, I feel so much more at ease.” For more information about the personal programs offered by Dunn, contact Hit the Trails at 681-6141 or visit the website at www.hitthetrails.com.