



DISCOVER THE

presented by **Running**











Welcome to the 360-degree running experience.

360 YOU

is a new program for Women's Running members that will help you find your power as a woman and as a runner.

Each quarter, we'll be partnering with pro athletes to go on a journey together. You will learn, train, and experience how to bring your authentic self to running and other aspects of your life.

Learn more about the **360 YOU** program here, and subscribe to *Women's Running* for full access!



You are more than a runner.

You are a friend, a sister, a mother, an aunt, a daughter, a career-driven woman, the CEO of the home, and the solver of all the problems. You are a full, 360-degree woman and running is the lens with which you view the world.

Running frees us to challenge the status quo. We can set bold goals and go for PRs, but there is more beyond the race. Running empowers us and helps us lift up others by honoring who we are.

The **360 YOU** program is YOUR opportunity to grow both as an athlete and a woman. This unique program led by a professional athlete is all about YOU and is included as part of your subscription to *Women's Running*.





Collaborating with some

inspiring women in running each quarter, the 360 YOU program will provide training motivation, life lessons, and advice on topics the guest athlete is most passionate about.

Every three months, a different pro athlete will share not only their training expertise, but what ignites them as women, the pillars that guide their life journey, and what drives them to make change in the world.

You will learn about more than running. You will be inspired to become the best version of yourself—as a runner and as a woman.





Mary Cain

is perhaps

best known for her bombshell revelations about emotional abuse in the sport, but she's so much more: community manager at Tracksmith, coach for New York Road Runners, Atalanta NYC CEO. And now, she's 360 YOU's first pro mentor. Cain wants to fix the sport for female runners everywhere, including helping you uncover your true potential as both an athlete and a woman.

Over the next three months, we'll train, learn, and share together.

Train W Mary Cain With

This quarter, we're focused

on the 5K,

and training for a 5K is all about trusting the process.

For beginners or those coming back from time off, the goal is to take your training day by day and patiently watch your finish line fitness emerge. We have a plan dialed in for that success.

For those seeking to PR, the 360 YOU intermediate plan will help embolden your training with speed and cross-training.

Join Mary Cain and 360 YOU and learn how to own your power in 3.1 miles.

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5K Training P MONDAY WEEK Warm up: Brisk walk for 5 min 30-60 Workout: 10 x 1 min run/ Cro 1

1 min walk (20 min total)

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5K 1	raining	Plan -	PR/Intermediate
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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or 0FF	6-10 x 400m @ HM-10K w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run oi 45 - 60 min cross-train	8 x 200 @ 5K - Mile w/ 200m jog recovery	45 - 60 min
2	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	4 x 5 min @ HM w/ 1:30 min recovery	PT / Endurance Focused Lift	30 min run or 45 - 60 min cross-train	8 -10 x 30 sec hill w/ jog down recovery	45 - 60 min
3	PT / Strength Focused Lift	30 min + 4 x 20 sec	3-5 x 1 mile @ HM w/ 1 min walk	PT / Endurance	30 min run or 45 - 60 min	2 x 500, 400, 300, 200 © SK/Mile w/ previous distance jog recovery (i.e. 500 @ Mile, 500	60. 70 min



Be Strong to Be Bold.

360 YOU will look

at all aspects of how to be a strong athlete. Physical and mental preparation are equally important: Pre-hab is as important as the training itself, and getting into the right mindset is where the shift forward happens.

Subscribe to
Women's
Running
for
full access!

During her three months heading 360 YOU, Mary Cain and her Atalanta NYC athletes will help you get strong and stay healthy.

Run Together.

JOIN US

for a virtual 5K on International Women's Day!



March 8[™] International Women's Day

During this quarter of **360 YOU**, we challenge you to run a 5K. Let's own that distance on International Women's Day by dedicating a 5K run to a woman in your life.

Choose someone who has influenced your journey or inspired you to think bold.

When we celebrate other women, we are building a sisterhood of respect, honor, and solidarity. So come join us—Mary Cain and the *Women's Running* team—on March 8th and run the miles for those we admire.

Share your run on Instagram with #WR360Y-OU and #InternationalWomensDay and spread the love on March 8th.



Running





Getting access to

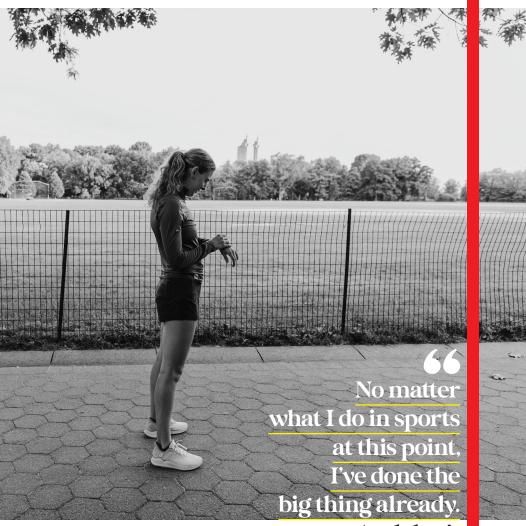
the **360 YOU** pro-

gram is simple.

- Subscribe to Women's Running for full access. Special launch price, 50% off!
- As a member you'll have immediate access to all 360 YOU content, PLUS full access into the Women's Running universe, including our ALL-NEW bi-annual print journals.
- Follow the hashtag #WR360YOU on Instagram to be part of the journey.



Already a subscriber to Women's Running? Great! You're ready to lace up and go. Watch out for our exclusive member emails featuring Mary Cain and the 360 YOU Women's Running crew over the coming months.



And that's standing up for myself, that's standing up for other people, and that's trying to create change."

- Mary Cain