



DISCOVER THE 360YOU

presented by
**women's
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!

Join Us!



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*.



REAL
Women.

REAL
Inspiration.

REAL
Advice.



Scroll down
to meet our first
360 YOU leader
in 2022...



Collaborating with some

of the most 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.

Join Us!

MARY CAIN



CEO OF
ATLANTA NYC,
RUNNER,
BARRIER-BREAKER



[CLICK HERE](#)
to see how
Mary Cain is
owning her
power.

M

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.

Join Us!

Train With Mary Cain

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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**Women's
Running**
for
full access!

9:41 AM Tue Sep 14

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5K Training Plan

WEEK	MONDAY	TUESDAY
1	Warm up: Brisk walk for 5 min Workout: 10 x 1 min run/ 1 min walk (20 min total)	30-60 min Cross training
2	Warm up: Brisk walk for 5 min Workout: 10 x 2 min run/ 1 min walk (30 min total)	30-60 min Cross training
3	Warm up: 5 min	

9:41 AM Tue Sep 14

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5K Training Plan - PR/Intermediate

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	PT / Strength Focused Lift	30 min + 4 x 20 sec strides or OFF	6-10 x 400m @ HM-10K w/ 400m jog recovery	PT / Endurance Focused Lift	30 min run or 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 @ 5K-Mile w/ previous distance jog recovery (i.e. 500 @ Mile, 500 @ 400, 300 @ 300, 200 @ 200)	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.

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

Join Us!

Let's Run Together.

JOIN US

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



Join us
and
thousands
of
others!

March 8TH 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 **#WR360YOU** and **#InternationalWomensDay** and spread the love on March 8th.

**Are You
Ready to
Join Us?**



360 YOU

women's
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.

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Join Us!



“

No matter
what I do in sports
at this point,
I've done the
big thing already.

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

– Mary Cain

