

Impact Martial Arts & Fitness Running Program for Team Feidt

As of January 2025:

Cardiovascular conditioning is an extremely beneficial way to enhance your overall Martial Arts skills. To really see the benefits that running has to offer, it is important to **consistently run 3 times a week**. This program is designed to better prepare our students for **Black Belt Training**. The requirements are as follows:

Green Belts	½ mile run
Brown Belts	1 mile run
Red Belts	2 mile run

Students below High-Red belt are only required to complete one official timed run before they are eligible to graduate to their next belt. However, the ultimate goal to achieve a **Black Belt** is to be able to run 8 minute miles. Timed runs will be available **during the two weeks of spotlight** on Tuesdays and Thursdays or any week on **Saturdays** and **Sundays** after checking with Shihan.

A minimum of one official run must be completed before advancement of rank. **Please don't wait until the last minute.**

The following times are available:

Tuesday: 6:00pm Liverpool High School-(Main entrance, 1st left into the big parking lot) - **training run**

Thursday: 6:00pm Liverpool High School-(Main entrance, 1st left into the big parking lot) - **training run**

Saturday: Christ The King Catholic Church-Bayberry
(For time and availability, please check with Shihan or Master McG)

Sunday: 9:00am Washington Park Gazebo-Village of Liverpool-**training run**

It is expected that all students follow the proper Martial Arts protocol on all runs to continue to take advantage of this benefit. Parents need to stay in the area. No drop offs please.

If you have any questions or would like to set up a run check, please email or see Shihan Feidt. Shihan@TeamFeidt.com

