

# "LIGHT WORK"

## JOIN THE GRIND

Welcome to the Grind Society, where hustle and hard work converge into a dynamic community of culture carriers. We are not just a collective; we are chosen, a community that defies containment and transcends boundaries. Our energy is not confined; it's transferable, weaving through the fabric of our grounded, focused, and consistently progressing group. As individuals, we are leaders, each contributing to the collective's success. Witness the progress, be inspired by the journey, and realize that the Grind Society is more than just a community—it has a life of its own. Embrace the grind; it's engrained in our community, shaping us into the core group that we are. This is not merely about owing it to yourself; it's about owing it to the collective, the shared commitment to hustle and elevate together. The Grind Society is a way of life, an unstoppable force that turns dedication into inspiration. Join us as we embody the essence of the Grind – where hard work, community, and progress converge into something truly extraordinary.



## 5K TRAINING PROGRAM

*SUMMER 2024  
NOVICE AND INTERMEDIATE*

## MEMBERSHIP

*DISCOUNTS AT GRIND LOCATIONS  
FOUR TEAM RACES  
EXCLUSIVE MERCH*

# WEEKLY MEET UPS. SUMMER PROGRAMS. MEMBERSHIP



Join us in these weekly meet-ups as we weave together the threads of hard work, dedication, and shared experiences within the Grind Society. Together, we stride toward our goals, leaving a collective imprint on the road to success.

## LONG RUN

Every Sunday, we come together for a long run, a cornerstone of our training regimen. The long run is not just about covering distance; it's an opportunity to build endurance, mental resilience, and camaraderie within the Grind Society. These runs help us push our limits, adapt to different terrains, and strengthen our foundation as runners. It's a time to embrace the grind and conquer the challenges, knowing that each step brings us closer to our individual and collective goals.

**8:00 AM**

*GRIND COFFEE SHOP*

## TRACK NIGHT

Midweek, we gather at the track for our speed workouts. These sessions focus on honing our speed, agility, and overall running efficiency. Speed workouts enhance cardiovascular fitness, improve running form, and boost our ability to sustain faster paces. By incorporating intervals, sprints, and tempo runs, we elevate our performance, creating well-rounded athletes within the Grind Society. Wednesday track workouts are about pushing boundaries and embracing the burn, knowing that speed work translates to greater overall running prowess.

**7:00 PM**

*LINCOLN PARK TRACK*

## SUNRISE 5K

Thursday mornings greet us with a 6am sunrise run, a perfect way to infuse energy into our day and foster a sense of accomplishment. The sunrise run is not just about physical activity; it's about mental clarity, setting positive intentions, and appreciating the beauty of the early morning. This run brings a serene yet invigorating start to our day, reinforcing the idea that the Grind Society is not just about the grind; it's about embracing moments of peace and reflection within the journey.

**6:00 AM**

*GRIND COFFEE SHOP*