



TGR Training Membership & Plan

MONDAY morning

Training, Fitness
& Nutrition Tips
with Katia
from d.Be Fit
dbefit.com



evening

HIIT 30min with Jen
3-5km run &
Cool down

7:30 PM @ Central Pier 8 & 9
(meet by the trees)



TUESDAY morning

Wellness Share
with
Megan



WEDNESDAY evening

10-15km Run
with Martin & Team

7:30 PM at the stairs
Hong Kong Sports Centre
Entrance

tgr.run/training



THURSDAY morning

Cross Training Share
with Ian Colley
from Primal Fit

primalfithk.com



FRIDAY morning

Healthy Eating &
Recipes with Vicky
from Mile & Bite
Health Coaching

mileandbite.com



FULL MEMBER BENEFITS :

- + 100 TGR Race Credit towards any TGR event listed on RunnerReg
- + 1 T8 Sherpa Flask (330ml) or T8 Running Mask (retail HK\$78-HK\$98)
- + 1 Speed Cup (retail HK\$65)
- + 1 Race Belt (retail HK\$90)
- + Access to our WhatsApp training group
- + Monday Training Sessions: 7:30 PM @Central at the trees between Pier 8 & 9
- + Wednesday Training Sessions: 7:30 PM at the stairs Hong Kong Sports Centre entrance
- + Weekly training & nutrition tips on our WhatsApp group and on our dedicated training page
- + A fun-loving group of road and trail runners to get out and have a blast training with!

Register only once and always have full access to our TGR Training Membership - HK\$480.
Payment Link - <https://runnerreg.com/portal/registration/tgr-training-membership>



MEMBER SIGN UP