

RUNNING RUN HAC SINCE 2011

Weekly
Meetings

Coaching
for All
Levels

Non HAC-
Members
Welcome



Ready to improve
your *running game*?

THE HAC RUNNING CLUB

2026 Season begins **April 20th**

SEASONS RUN APRIL - OCTOBER



RUN FARTHER. RUN SOCIAL.

RUN HAC



OUR MISSION

We seek to provide the *highest level of coaching* and training while fostering *friendship and community*.

If you are a runner looking to elevate your training or diversify your workouts, RUN HAC is for you. We are a high-energy, social group of runners of all levels with the shared goal of getting the most we can out of our sport. Our athletes participate in fun, weekly, coached sessions focused on different aspects of running. Whether you have participated in one 5K or 10 marathons, this group is for you. RUN HAC is coached by a USATF & RRCA-Certified Run Coach.



visit HAC.FIT/RUNHAC

or Contact Jen Besten at
runcoachjenn@gmail.com

What to Expect

RUN HAC MEMBERS GROUP ACTIVITIES

- Four coached training sessions per week (attendance is on a drop-in basis)
- One 5k each month of the season (optional)
- One running festival at the end of the season

A Well-Rounded Running Program

ADDITIONAL RUN HAC MEMBER PERKS

- Exclusive seminars on nutrition and other wellness topics
- Included pop-up classes from yoga to HIIT workouts to complement your running journey
- Exclusive RUN HAC member discounts in the community



**10%
OFF**

Gold Card & Platinum
Card Members get
10% off their RUN HAC
registration fees

Season Runs April - October

WEEKLY TRAINING DATES/TIMES

Mondays
7:00 am

Mondays
6:00 pm

Wednesdays
9:15 am

Wednesdays
6:00 pm

Run HAC is hosted by
Hockessin Athletic Club
100 Fitness Way
Hockessin, DE 19707
(302) 239-6688
www.hachealthclub.com



FACEBOOK
[@runhacrun](https://www.facebook.com/runhacrun)



INSTAGRAM
[@run.hac](https://www.instagram.com/run.hac)



RUN FARTHER. RUN SOCIAL.
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All Skill Levels Welcome

RUN HAC is about reaching new heights regardless of your experience or skill level. If you're new to running or returning to the sport, our 8-week Road to Running program can help build up your strength and stamina to prepare you for a 5K. Your coaches and new team members will be there to support and cheer you on as you work toward your individual goals.

Go the Extra Mile

ADD PERSONALIZED RUNNING COACHING

Personalized Running Coaching is facilitated by USATF & RRCA Certified Run Coach, Jen Besten.

Standard Program

Includes 2 personal coaching sessions, plus

FULL-MARATHON	HALF-MARATHON
<ul style="list-style-type: none"> Personalized 16-20 week training plan 	<ul style="list-style-type: none"> Personalized 10-12 week plan

Premium Program

Includes weekly accountability through phone and email, plus

FULL-MARATHON	HALF-MARATHON
<ul style="list-style-type: none"> 4 personal coaching sessions Personalized 16-20 week training plan 	<ul style="list-style-type: none"> 3 personal coaching sessions Personalized 10-12 week training plan