

# Girls Gone Fit 2009 Reviews

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[wilssteph](#) 1 posts since

Feb 1, 2008 1. **Re: Girls Gone Fit 2009 Reviews** Jun 6, 2009 3:37 PM

I highly HIGHLY recommend this training. I had competed in a half dozen or so 5-K's before enrolling in this class and I don't know how I managed before without them. Before the training, I was convinced I was getting arthritis in my hips because they would just ache after every race. My coach, Linda, showed me in the first class what I was doing wrong, showed me how to fix it and I haven't had a twinge of pain since then. Can you run or walk a 5-K without training? Sure I did. But after this training, now I know so much about form, race strategy, how to breathe and how to warm-up that it is going to allow me to race however long I want to not unless my body gives out. Two thumbs up for coaches Linda, Sally, Lisa and Willyou are in GREAT hands with them!--Stephanie Wilson



[Denise0729](#) 2 posts since

Mar 27, 2009 2. **Re: Girls Gone Fit 2009 Reviews** Jun 8, 2009 10:12 AM

I learned so much about form and how to plan for a 5K. I've done a few 5Ks but never had a plan. The training definitely helped me increase my strength and stamina. My Nike 5k was my most satisfying run because I was prepared and aware of my form and breathe. Thanks so much for all the wonderful encouragement and advice!!



[spartington](#) 1 posts since

Apr 24, 2008 3. **Re: Girls Gone Fit 2009 Reviews** Jun 11, 2009 12:25 PM

This was my second year of taking this training and I love it. The trainers, Lisa and Ryan for Dashing Divas, were super fun, enthusiastic, and very knowledgeable. The workouts were great and challenging. I could actually see improvement all through the training. I would recommend the training program to anyone at any level.

I took 3 minutes off of last year time. I will definitely be signing up next year 5k training. Thanks!

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[TravlinPMP](#) 1 posts since

Apr 3, 2009 4. **Re: Girls Gone Fit 2009 Reviews** Jul 5, 2009 11:43 AM

This was my first training program and 2nd 5K. I highly recommends the training. The trainers for the Fabulous Fitness group were very knowledgeable and supportive. I initially signed up just because I wanted the training to improve my form and encourage me in a scheduled exercise program. I was so impressed with the program I decided to sign up for the race - and I finished in a much better standing than I ever considered possible. I will sign up for more programs!