

Prince George's Running Club

8K Winter Running Program

February 11 – April 29, 2017

Introduction

The 8K winter Running Program is a co-ed, two-month beginner training program, for adults of all ages and abilities, which will train you to run an 8 kilometer (4.97-mile) race. The program will build your endurance by running over time. In addition, the program will offer the benefits of improved cardiovascular fitness, safe training methods, and fun!

Weekly Schedule

The group will meet Saturday mornings and Tuesday evenings each week. A complete schedule will be provided at the first meeting.

Saturdays

The first Saturday we will meet at **8:00 am** (SHARP!) at Greenbelt Park to assess your fitness level.

- Regular Saturday runs will be held at Greenbelt Park. Attendance is required at Saturday training runs. Participants should arrive **NO LATER THAN 8:00 am** for warm up. Runs will begin **promptly at 8:15 am**.
- We will also occasionally run at other locations, to introduce our participants to the many wonderful running locations in our beautiful county as well as familiarize you to different surfaces, hills etc.

Tuesdays

- We will meet each Tuesday at **6:45 pm** at the Kehoe Track for speed work at the University of Maryland, College Park. Participants who cannot make the Tuesday sessions will be expected to complete the workout on their own.

Optional run

- The club also hosts weekly Thursday evening runs at the Wells Ice Skating Rink

Costs

\$40 Training program fee, in addition all participants are required to join the Prince Georges Running Club. The club membership fee is \$20 individual/\$25 family/\$10 student.

The training program fee covers the cost of a technical running shirt, and group social events. The fee does not cover the cost of the graduation race, Springburst 8K on April 11. Participants will register on their own.

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Coaches

The head coaches for the 2017 Running Start Program are Karen Hill and Clarise Cannings

Volunteer requirement

Participants are required to volunteer at one club event during the year.

Program structure

During the first session, each participant will be assessed for fitness level and running ability. Participants will then be assigned to a group appropriate to his/her speed and level of fitness. The groups will have one or more volunteer pace leaders who will guide the group during the each workout. Each week the coaches will meet to discuss each participant's progress.

After each workout, participants will gather for group stretching. Some Saturdays will include a brief but important presentation on diet, fitness, running, nutrition, or exercise.

Other information

Walkers: The 8K Winter Running Program is designed to encourage and develop running ability. While the coaches are aware that some individual's ability to run varies, the goal of the program is to get participants to the point where they can run a 5-mile course. Participants may mix walking and running in the initial stages, but the program will not have coaches available to work with walk-only participants.

Experienced runners: The 8K Winter Running Program is designed for the beginning runner. If you are able to run consistently for 20 minutes or more, this may not be the program for you. If you have run a marathon, you are also not a beginning runner. Experienced runners are encouraged to participate in one of PGRC's other training programs and/or the weekly informal drop-in runs that are open to all levels, but we welcome experienced runners to assist with pacing our beginner runners.

Attendance: We encourage you to make every effort to attend each session. However, the coaches are aware that the circumstances arise where an occasional missed session can occur. It is expected that each participant will keep absences to a minimum and make up the missed workouts on their own.

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Weather Policy: We run in most weather conditions, however, the training workouts are cancelled in the event of lightning or thunder. When in question participants are encouraged to check the PGRC website (www.pgrc.org) or check email messages sent directly to their group.

Medical issues: Every participant is encouraged to seek a medical opinion from his or her medical provider prior to signing up for the 8k Winter Running Program. The 8K Winter Running Program is run by a group of volunteer coaches and cannot offer medical advice. Participants are strongly encouraged to discuss any and all medical questions with their medical provider.

Children: Unfortunately, we cannot accommodate children.

Equipment and clothing: Each participant is encouraged to purchase the appropriate clothing and equipment. It is important that each participant wears the appropriate running shoes and the appropriate foundation garments and other clothing, and carries a water bottle or other fluid replacement. Suggestions will be sent to participants.

Ipods: MP-3 players and other musical devices are prohibited for safety purposes.

Need more information?

Contact 8K Winter Running program coaches:

Karen Hill: lacey1365@yahoo.com

Clarise Cannings: clarise_cannings@yahoo.com