



Running Club Itinerary Fall 2010

Inviting aspiring runners! This class will offer its participants the opportunity to progressively work towards a 5K run. At the end of the 9-week session each participant will have the opportunity to sign up for an actual race! JOIN NOW!!

Equipment Needed: Supportive Shoes and Comfy Running Clothes.

Instructor Name: Theresa Beale

The focus and objective of each class will be **time** as opposed to distance--that way we can safely and progressively work towards our running goal. Each week we will also have “general” mileage in mind but there will be a set time that each individual is required to run (as opposed to walking).

Techniques for breathing, running form, and stretching will be presented.

Week 1 <i>Location: Pilates Plus</i>	Participants will be assessed this week. Body composition, weight, Recovery Heart Rate and maximum number of achieved laps in a span of 25 mins.
Week 2 <i>Location: Pilates Plus</i>	Participants will be expected to run a minimum of 15 minutes. Goal: 1 mile
Week 3 <i>Location: Pilates Plus</i>	Participants will be expected to run a minimum of 20 minutes. Goal: 1.5 miles
Week 4 <i>Location: Watkins Park</i>	Participants will be expected to test their progress; we will tackle a new terrain and really push ourselves here. Goal: 2.0 miles
Week 5 <i>Location: Watkins Park</i>	Participants will be expected to run a minimum of 25 minutes. Goal: 1.5 miles





<p>Week 6 <i>Location: Watkins Park</i></p>	<p>Participants will be expected to run a minimum of 25 minutes.</p> <p>Goal: 2.0 miles</p>
<p>Week 7 <i>Location: PG Community College Track</i></p>	<p>Participants will be expected to run a minimum of 30 minutes</p> <p>Goal: 2.5 miles (10 laps around track)</p>
<p>Week 8 <i>Location: PG Community College Track</i></p>	<p>Participants will be expected to run a minimum of 35 minutes.</p> <p>Goal: 2.5 miles (10 laps around track)</p>
<p>Week 9 <i>Location: Pilates Plus</i></p>	<p>Participants will be re-assessed this week. Body composition, weight, Recovery Heart Rate and maximum number of achieved laps in a span of 25 mins.</p>

Watkins Park Location will be the parking lot adjacent to the big park, across the street from the old putt-putt golf and train station

PG Community College Track is located near the gymnasium and swimming pool. The track is located on Prince Place which is directly off of Campus Way for more specific directions please contact Pilates Plus Studio

Expectations:

- Each participant will be expected to run AT LEAST 1 other day during the week in order to properly prepare for the next weeks activities. You will get out what you put into this class. The instructor will always be available for motivation and advice, but if you are not keeping up outside of our class you will see less improvement.

- Individuals have a “grace period” of about 5 minutes each class BUT they must realize that they will miss stretch time if they are late.

- Remain mindful of weather conditions. WATER is a MUST! Please bring your water. We will provide a bag to store the bottles in as we run.

*****Important Note***** Keep in mind that a 5K race consist of 3.2 miles. I, as the instructor, will do my absolute best to work towards that mileage and achieve it in our training program but the number one goal is the safety of the participants. We will be as fast as our slowest person, and if each and every participant shows positive progression during this program the mileage goals can and will be adjusted.

