

Prince George's Running Club
2013 10K Training Program
September 21 - December 14, 2013

Introduction

The 10K Training Program is geared towards runners who can run 3 continuous miles and would like to increase their running endurance to 6+ miles. The program will build your endurance with a combination of long runs, hill training, and speedwork. In addition, the program will offer the benefits of improved cardiovascular fitness, reduced adverse health factors, safe training methods, and fun!

Weekly Schedule

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

Saturdays

- The first Saturday we will meet at 7:00 am (SHARP!) at the Glenn Dale Splash Park (11901 Glenn Dale Blvd, Glenn Dale, MD) for a brief orientation and a 3-mile timed run. The purpose of the timed trial is to help the coaches identify the proper pace group for each runner. After the timed trial, each participant will be assigned into an initial pace group.
- Regular Saturday Runs will be held in Bowie, Greenbelt, College Park, Glenn Dale, and Oxon Hill.
- We will also occasionally run at other locations, to introduce our participants to the many wonderful running locations in our beautiful county.

Tuesday and Thursday Runs

- We will meet at 7 to 8 p.m. Tuesdays (University of Maryland or PGCC Track) and Thursdays (Bowie or College Park).

Costs

\$55 Training program fee, in addition all participants are required to join the Prince George's 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, complimentary registration for the 10K graduation race on December 14.

Coaches

The coaches and pace leaders are volunteers, and many are certified through the Road Runners Club of America (RRCA). The head coaches for the 2013 10K Training Program are Cassandra Logan and Juanita Roberts, both certified running coaches.

Volunteer requirement

Participants are required to volunteer at one club event during the program. Information on volunteer opportunities will be provided to participants.

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 by a knowledgeable expert in the field of diet, fitness, running, nutrition, or exercise. Participants who are unavoidably absent for a session are expected to complete a training workout on their own.

Other information

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 10K Training Program. The 10K Training 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.

Attendance: We encourage you to make every effort to attend each session. However, the coaches are aware that schedule conflicts happen and that 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.

Children: Unfortunately, we cannot accommodate children. There are no childcare facilities available and we do not yet have a structured youth running program.

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 considerations.

Need more information?

Contact your coaches for more information – Cassandra (psudst@gmail.com), Juanita (juanita.roberts12@gmail.com).