

---

## 4/1/24 Club Running Weekly Email

1 message

**Maryland Club Running** <umdclubrunning@mail.mailchimpapp.com>  
Reply-To: umdclubrunning@gmail.com

Mon, Apr 1, 2024 at 11:14 AM



Its Nationals week get hype!!! Congrats to everyone that competed this past weekend at UVA we had a blast, but now its time to shift our focus to our biggest meet of the year, NIRCA Nationals! We will be competing against clubs from across the country. Last year both our Men's and Women's teams narrowly missed the top 10 at Track Nationals. With Nationals returning to the east coast this year it's time to change that, go terps!

### Table of Contents

1. Nationals
2. Workouts
3. Fun At Practice This Week
4. Cavalier Invite Recap
5. Meet Schedule.
6. New Member Information
7. Strava
8. GroupMe

### Nationals

NIRCA Nationals will be on Saturday and Sunday 4/6-7. We will be leaving the evening of April 5th and staying in a hotel near the VCU track facility in Richmond, VA. While sign ups for nationals have closed, if you have any questions or concerns regarding the meet please do not hesitate to reach out by contacting me directly or emailing the club. the travel email will be coming out for those who signed up in the next couple days.

### Workouts

The season is already halfway over, where did the time go? We have a busy stretch of our season coming up with four meets in the next 5 weeks including Nationals and our home meet, the Terrapin Invite. That means that now more than ever we should be working on getting in some good workouts for those competing that way we are racing as strong as possible at these meets. Former Apparel Coordinator, Eamon Plante, and Sprint Chair, Dominick Cardone, have been created great training plans for this semester. While all workouts are optional, these are

strongly recommended for competing members so that we are in the best shape possible for our meets. As always, check below to see the workout plans and reach out to an officer if you have any questions about the workouts.

01	02	03	04	05	06	07
Callousing Effort 800 @T, 45sec rest 400 @R, 400 jog 1600 @I, 5min rest 4x (200 @R, 200 jog) 600 @R, full recovery 800 @T					NIRCA Track Nationals	NIRCA Track Nationals

Distance Training Plan

4/1 - 4/7	6x200 @ 80-85%, <b>negative split</b> last 100, 5 minute rest	Grass Striders, plyo drills if dry field, hurdle mobility	Long: 2x500 @ 95% 10 minute rest Short: 1x150m all out 6 minute rest, 3x250 80%-85%-90%, 6-7 minute rest	Top Speed Out of Blocks: 30m start - 30m fly - 20m sprint	Pre meet hurdle jump block day	NIRCA Nationals Day 1	NIRCA Nationals Day 2
-----------	---	--	---	--	--------------------------------------	-----------------------------	-----------------------------

Sprint Training Plan

Cavalier Invite Recap

The Men's team got second and the women's team got sixth at the meet this weekend! Some notable podium finishes were Kalabe and Dom in the 400, Ethan in the 100, Tony in the 3k, Kalabe and Uzoma in the 200, and Morgan and Ethan in the long jump.

Fun At Practice This Week

To get in the Nationals spirit we will be having lots of fun at practice this week. Make sure to show up and come to the track on Tuesday as we will have the speaker out for the distance workout and plyo drills for the sprinters. After practice on Tuesday we will be creating posters for Nationals, if you have extra supplies that you would like to use go for it but markers and posterboard will be provided.

We will also be having a spirit week at practice this week, to get in the Nationals spirit.

- Monday: Funky Sock Day
- Tuesday: High School Singlet/Apparel Day
- Wednesday: Twin Day
- Thursday: UMD Colors Day
- Friday: No official practice as we need time to get going to leave for the hotel for nationals. Try to get to the track for some form work or get your shakeout run in when you have a chance earlier in the day.

New Member Information

Are you new to the club or considering starting to come to practice? Congrats, by joining this email list, you have taken the most important step to join the club. We send out all official communications through our weekly emails. Joining a new club can sometimes be overwhelming so we have compiled all of the necessary information about Club Running in this [information document](#). New members, please take a look at it and do not hesitate to reach out with any questions! Current members please share this link with any friends that you are trying to introduce to the

club! Also remember, our club is competitive but also fun, practices are never required! We know everyone has a lot going on but if you can make it out a couple times a week that is so much better than not at all. Also, if you show up to SPH or the track you will have people to run with! There is a wide variety of skill and experience levels on the club and there's room for everyone!

Some important groundskeeping stuff, to be registered for the club you must sign up on these two university websites:

1. [IMLeagues](#) - This website is an ad-ridden nightmare that sadly all members must re-register on at the start of every school year. **Make sure you complete the concussion quiz, and fill out the emergency information form.**
2. [TerpLink](#) - This only needs to be done once.

The detailed instructions on how to sign up on these two websites can be found in our updated [information document](#).

Additional ways to stay connected with the club include [GroupMe](#), [Strava](#), and [Instagram](#).

## Meet Schedule

Here is our spring meet schedule. If you haven't already, start thinking about which meets you would like to prioritize coming up so you can focus your training.

Meet	Date	Location	Meet Type
Happy Valley Invitational	February 10th	State College, PA	NIRCA Indoor Meet
Capital Relays	February 24th	American University, DC	NIRCA
Towson Spring Opener	March 16th	Towson, MD	DI
Cavalier Invitational	March 30th	Charlottesville, VA	NIRCA
NIRCA Track Nationals	April 6th & 7th	Richmond, VA	NIRCA
NIRCA Half Marathon Nationals	April 6th	Petersburg, VA	Road
Terrapin Invitational	April 20th	College Park, MD	NIRCA
Paul Kaiser	April 27th	Shippensburg, PA	DII
Kehoe Twilight Meet	May 3rd	College Park, MD	DI
Fredrick Half Marathon	May 5th	Fredrick, MD	Road

## Strava

Strava is a social app to share your runs and the leading class distraction for club runners. Join our club on the app to keep up with each other's training.

Strava

## GroupMe

Like most clubs, we have a GroupMe. Join the group to exchange friendly banter and plan runs outside of practice.

GroupMe

Nationals week is upon us so if you haven't already, make sure you are stretching, hydrating, and sleeping well.

See y'all out there,  
Zach Kiedrowski  
*President*  
UMD Club Running

---

---

---

This email was sent to

*why did I get this?* [unsubscribe from this list](#) [update subscription preferences](#)  
Maryland Club Running · 1115 Eppley Recreation Center · Room 0121 Club Running · College Park, MD 20742-0001 · USA