
2/26/24 Club Running Weekly Email

1 message

Maryland Club Running <umdclubrunning@mail.mailchimpapp.com>

Reply-To: umdclubrunning@gmail.com

Mon, Feb 26, 2024 at 6:59 AM



Howdy,

Two meets down and a bunch more to go. Congrats to everyone who competed this weekend it was a great meet! Lots of fun stuff in the email this week so be sure to read the whole thing.

Also here is the obligatory reminder to sign up on terplink and IM leagues if you haven't already, this information is in the New Member Information section of the email, audits will be starting soon so just do it it takes only a couple minutes.

Table of Contents

1. Practice
2. Capital Relays Meet Recap
3. Bake Sale
4. IM Soccer
5. Bowling night
6. Spring Training Plans
7. Meet Schedule.
8. New Member Information
9. Strava
10. GroupMe

Practice

At practice this week we will be continuing to ramp up our training for the season. In addition to our practice times we also have reservations for the weight room in SPH from 10-11:30 pm on Thursdays. Do you feel claustrophobic trying to lift at Eppley, come to club lifting hours for a chance to do more focused lifting exercises with other members of the club. Lifting is good for everyone (even distance runners) and now is the perfect point in the season to start working it into your training if you haven't already.

Sprinters, Jumpers, and Throwers meet at Kehoe Track
([7898 Championship Ln, College Park, MD 20742](#))

Distance Runners meet at the School of Public Health (SPH) overhang (4200 Valley Dr, College Park, MD 20742) at the east side of the building near parking lot PP1.

Practices will be at 4:00 PM for the next two weeks, on March 11th we will switch back to 5 pm practice time.



Capital Relays Meet Recap

What a meet we had this weekend! We got out to the track bright and early and got to enjoy five heats of the 5k to start the day. As the day went on the sun started to go away but despite some characteristic February temperatures everyone still managed to race well and have lots of fun. The meet may have moved slowly but we certainly didn't, running races while holding giant crayons and wearing ski goggles. Our Women's team placed second out of 15 teams and the Men's team placed 3rd! Congrats to Sadou with yet another club record, this time in the 1600 with a time of 4:19.65!

Our next meet will be the Towson Spring Opener on March 16th, this sign up will come out next week so be on the lookout!

Bake Sale

We will be holding a bake sale on March 8th as a fundraising opportunity. If you are a new competing member or did not meet your requirements in the fall then this bake sale is a great way to get in you fundraiser. For more information and to sign up to either work the table or bring something for the bake sale see the link below.

Cookies!

Intramural Soccer

It's that time of year again, IM 11v11 soccer is on the horizon. Our teams had a strong showing in the fall but its time to come back with a vengeance and get those coveted T-shirts. This season we will have a Men's, Women's, and Coed team. Everyone is welcome to sign up just go to [IMLeagues](#) and find the team you are trying to sign up for by navigating to Intramural Sports, 11v11 soccer, and the division and time slot.

The Men's team will be playing in Men's B on Wednesday's at 6 pm. The Women's team will be playing Monday's at 9 pm in the Women's Division. The Coed team will be playing in the Mixed Gender A division on Sunday's at 8 pm. Please sign up asap if you are interested in playing so we can fill the rosters, no skill or experience is required! If you have questions regarding the Men's or

Coed teams please contact me (Zach) and contact Brooke if you have questions about the Women's Team.

Bowling Night

We have reservations for 5 bowling lanes at Terpzone in STAMP this Friday after practice from 6-8 pm. No need to RSVP just show up, this will be a very fun social event and great opportunity to be competitive (or not) with everyone while not running. If you have questions please contact social chair Jonah.

Spring Training Plans

Former Apparel Coordinator, Eamon Plante, and Sprint Chair, Dominick Cardone, have been working on training plans for the new semester. Thank you Eamon and Dominick for putting in the time and effort to create these plans. As always, there is no obligation to follow these plans. There will always be people to do easy runs with at practice if you choose to not do the workouts. As most of us are starting to get more into the groove of the season it is time to start pushing a little harder on the workouts. However, with increased effort there must also be focused recovery including easier days and stretching! Make sure to ask an officer about the training plans if you have any questions.

Here is the outlook for this week's distance training plan, keep in mind this is the high mileage version of the plan, click on the link below to see other weeks and differences in workouts for people running lower mileage.

26	27	28	29	01	02	03
Threshold 8s + Repetition 2s 9x (800 @T, 45 sec rest) 4x (200 @R, 200 jog)				Threshold Miles 5x (1600 @T, 90sec rest)		

Here is this week's sprinting training plan, again you can click on the link below to see the full plan.

2/26 - 3/3	5x250, 3 minute break, 80%	6x200 @ 70%, 3 minute rest, easy and relaxed	Long: 4x400, 4 min break Short: 2x250, 2x350, @ 80% 1x200 @95%	Grass Striders, plyo drills, hurdle	Block Work: 3x30-35-40	Rest or long run	Rest
------------	----------------------------	--	--	-------------------------------------	------------------------	------------------	------

Distance Training Plan

Sprint Training Plan

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

Shown below is the meet schedule for this spring. It has been carefully crafted to balance fun and competition. You may notice one glaring problem with our

schedule, and that is the absence of a home meet. We have been having trouble getting our home meet cleared by facilities so in the mean time we are tentatively planning on going to the Stevenson Invitational but If we get approved for our home meet we will likely not attend the Stevenson meet. During the busy part of our schedule some club members may choose to prioritize some meets over others based on the level of competition so now is a good time to start thinking about that and what it means for 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
Retriever Invitational	March 30th	Catonsville, MD	NIRCA
NIRCA Track Nationals	April 6th & 7th	Richmond, VA	NIRCA
NIRCA Half Marathon Nationals	April 6th	Petersburg, VA	Road
Stevenson Invitational*	April 12th & 13th	Owings Mills	DIII
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

Toodaloo,
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