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## Club Running Weekly Email (8/27)

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**Maryland Club Running** <umdclubrunning@gmail.com>  
To: Maryland Club Running <umdclubrunning@gmail.com>

Tue, Aug 27, 2024 at 12:44 PM

Hi guys quick addendum,

Here is the link to the sprinter training plan for this season that our amazing sprint chair Dom has been putting together. If you are planning on working out with the sprinters this season then give it a look to see what to expect!

[https://docs.google.com/spreadsheets/d/1CnSSI\\_4Z9OO95mmb0hq1PxQuuNXYCCrursbGMv-TXZo/edit?usp=drive\\_link](https://docs.google.com/spreadsheets/d/1CnSSI_4Z9OO95mmb0hq1PxQuuNXYCCrursbGMv-TXZo/edit?usp=drive_link)

Thanks,  
Zach Kiedrowski  
*President*  
UMD Club Running

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