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## 3/25/24 Club Running Weekly Email

1 message

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Welcome back everybody!

Hopefully you all had a fun and relaxing spring break. Nationals is in just under two weeks though so time to get in a couple more solid workouts and get ready for some awesome competition!

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### Upcoming Meets

We have two very exciting meets coming up soon! The UVA Cavalier Invite will be on Saturday 3/30 and NIRCA Nationals will be on Saturday and Sunday 4/6-7. The Cavalier invite will be a day trip meet, we will be leaving early in the morning on the 30th, driving down to UVA, and driving back that afternoon/evening. For nationals we will be leaving the evening of April 5th and staying in a hotel near the VCU track facility in Richmond, VA. Additionally, for

those competing in the half marathon at Nationals, you will travel with the club and we will have separate carpools the morning of the 6th from the hotel to Petersburg, VA, where the race will be held. There will be track events on Saturday and Sunday and we will return back to College Park late in the afternoon on Sunday the 7th. Sign ups for both of these meets have now closed, if you have any questions or concerns regarding either meet please do not hesitate to reach out by contacting me directly or emailing the club. Travel emails will be coming out for those who signed up in the next couple days.

## 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. See the screenshots and links below to see upcoming workouts. I am sure everyone's training looked different last week with spring break but we are about to get into the busy part of our season as far as meets go so now is the time to really lock in.

25	Intro to Interval Pace 2x (2k @T, 2min rest) 5x (800 @I, 2:30 rest)	26		27		28		29		30	UVA	31
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### Distance Training Plan

3/25 - 3/31	30-40-50 x3 block starts	Long: 2-3-4-3-2 @ 80%, 4 minute rest Short: 80-100-120-100-80 @ 90%, 5 minute rest	4x200, increase speed every rep, 3-4 minute rest, hurdle stretches	40-30-30 Sprint float sprint x5, 4-5 minute rest	Pre meet hurdle jump block day	UVA Club Meet	Rest
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### Sprint Training Plan

## Spring Break Photos

Did you do something fun over spring break, do you want to be featured on the club instagram? Upload your pictures here!

Photos

## 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

Happy Running,  
 Zach Kiedrowski  
*President*  
 UMD Club Running

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