

10/28 Weekly email



1 message

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

Mon, Oct 28, 2024 at 2:51 PM



Boo!

Happy halloweek fellow taperers (just making up words at this point). Get ready for costume run on Thursday and sign up for nationals by Tuesday!

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Nationals Sign Up

Nationals is on the horizon. Congrats to everybody for qualifying this season, can't wait for this awesome season finale! This will be another overnight meet, make sure to [sign up](#) by **Tuesday October 29th!** This will be a fun day full of races, starting off with the open race 6k in the morning and then upper and lower classmen races in addition to the championship races throughout the day!



Practice (Halloween Edition)

Come to practice wearing your costume this Thursday the 31st for the most fun easy run practice of the year!. We will continue having practice every day this week at 5:00 PM. **This is the last week of 5:00 practices, after this we will be moving to 4:00 as daylight saving time ends.** Also come join us in the SPH weight room from 4:00-6:00 PM on Sundays! Please make sure that you are signed up on IMLeagues if you are coming to practice, it only takes a couple minutes and is how we make sure everyone stays safe so please just do it! Don't stress if you can't make it to practice on any given day, we don't keep track of practice attendance and will be happy to see you whenever you can make it. You can also reach out to others in the GroupMe to organize runs outside of practice!

Our distance runners meet at the [SPH overhang](#), (38.9933497668884, -76.94220687903169).

Our sprinters and track specific athletes meet at [Kehoe Track](#) unless otherwise noted, (38.987651806735016, -76.95096388701513).

If you are having trouble finding the overhang or the track then shoot us an email, Instagram dm, or GroupMe message.

Workouts

While never required, workouts are an important piece of training for those who wish to compete with us. Be mindful that if you are racing Nationals this year it is good to start thinking about tapering. If you have been hitting consistent mileage, dropping your mileage for 1-2 weeks before the race is a great way to make sure you are at your best for the season finale! This doesn't mean stop running, just run a bit less than usual so your legs stay fresh. Even if you don't want to compete, hopping in a workout is a great way to challenge yourself and become a better runner. We have a [distance training plan](#) for the fall season (shout out Eamon for another stellar workout plan) so take a look to see what lies ahead Quick note, days left blank on the workout plan generally mean easy runs. If you are a sprinter then check out the [sprinter training plan](#) brought to you by sprint chair Dom! Snippets of both workout plans for this week are below. Also, be sure to show up for club lifting hours from 4-6 PM at SPH on Sundays!

28	29	30	31	01	02	03
	Threshold 8x1k @T, 45s rest		HALLOWEEN COSTUME RUN	Lock In 5x800 @Goal Race Pace, 45s rest Full Recovery Mile @Goal Race Pace		

10/28 - 11/3	Block Work, 30-40-50m x3	Hills, Meet at SPH	Recovery Grass Striders, hurdle mobility	5 x 120 meter sprint-float-sprint, 4-5 minute rest	Long: 3x500 @ 80% , speed up last 100, 3 minute rest Short: 4x100 @ 80% 4 minute rest, 2x200 @80%, 2 minute rest	2-4 mile run or rest	Rest / Stretch
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Catering

We are still catering as our primary way of fundraising this fall. As many of you know, in addition to competition fees we ask that all competing members do at least one fundraiser per semester competing with the club. Please sign up in advance [here](#) for slots to help cater at a football game this season. There are two more home games left this season against Rutgers and Iowa in November after Nationals.



Singlets

The singlets are here! Stop by practice on Wednesday October 30th to pick them up! If you cannot make practice on Wednesday there will be future opportunities to pick up your singlet or you can contact Stacey to make other arrangements to pick these up! Our other apparel is still being processed and will hopefully arrive soon!

New Member Information

If you are new to the club or considering starting to come to practice then congratulations, you have taken the most important step towards staying in the loop. 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](#). This document has been updated for the fall season. 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! Always remember, while our club gets competitive, it is 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. To all returning members, you need to sign up again for this academic year! I know it's annoying but it's not more annoying than being the reason that we don't pass our practice or travel audits so please just do it!

2. [TerpLink](#) - This only needs to be done once when first joining the club, after that you're good!

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](#). Also check out our website! umdclubrunning.com

Stay Spooky,

Zach Kiedrowski

President

UMD Club Running