
3/11/24 Club Running Weekly Email

1 message

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

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Hello friends,

Thank you to everyone who contributed on Giving Day and helped with the bake sale and stream clean up last week, you guys are awesome! A couple of big announcements this week First, as we have switched to daylight savings time practice now will start at 5:00 PM! Additionally, as I am sure many of you have now heard, on April 20th, 2024 we will see the return of the greatest event of the year to College Park, the Terrapin Invitational! See everybody at practice this week as we gear up for Towson Spring Opener.

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.

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Practice

PRACTICE NOW STARTS AT 5:00 PM. If you can no longer make practice times we highly encourage you to reach out to other members of the team to find other times to run. 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.

NIRCA Eligibility Forms

If you have been at practice the last two weeks you have probably seen the NIRCA Eligibility forms being passed around. I will continue to bring them to practice this week, please if you think you might sign up for nationals fill out the forms, they are non-committal so there is no reason not to. If you cannot make it to practice please contact me about finding a time to sign the forms.

Towson Spring Opener Sign Up

The Towson Spring Opener meet sign ups have now closed. if you signed up keep an eye on your email for the travel email coming out later this week.

Spikeball Night

On Thursday at 7:00 after practice we will have a club spikeball night on

McKeldin. Come enjoy fun outdoor games with friends! If you have a spikeball set or another yard game please bring it with you. If you have questions please contact Jonah.

Intramural Soccer

It's that time of year again, IM 11v11 soccer has begun. It is not too late to sign up! 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 plays in Men's B on Wednesday's at 6 pm. The Women's team plays Monday's at 9 pm in the Women's Division. The Coed team will be plays 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.

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 the 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.

11	12	13	14	15	16	17
Threshold 2ks 4x (2k @T, 2min rest)					Towson Spring Opener	

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

3/11 - 3/17 PRACTICE STARTS AT 5 PM	400 300 200 100, @ 75%, 1 minute rest per 100 ran	Long: 3x400, Broken 4s, 300, 1 minute rest, last 100 @85-90%, 6-8 minute rest Short: 3x220-3x100 90%, Spike up	Grass striders and hurdles	Top speed drills on grass, 5x80 flys, 6 minute rest, start on curve	Pre Meet block work, jumps, hurdles	Towson Spring Opener (D1 Meet) Spring Opener	Rest
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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

Some updates to the meet schedule. We will not be going to Stevenson as we now have our home meet and do not want to many weekends with meets in a row. Additionally, UMBC postponed the Retriever Invite so we will be going to the Cavalier Invite at UVA instead, more information about that meet coming soon!

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

Ta ta for now,
Zach Kiedrowski

President

UMD Club Running



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