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## Happy First Day of 5pm Practice! (3/10 Weekly Email)

1 message

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

Mon, Mar 10, 2025 at 8:00 AM



Sup terp runners,

Hope you're getting excited for spring break, but don't forget about all the fun stuff that we have before then.

**Most importantly starting today practice will be at 5pm every weekday!!**

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## Towson Meet Sign Up

**Who:** You!

**What:** Towson Invitational

**Where:** Johnny Unitas Stadium at Towson University

**When:** Saturday March 29, 2025

**How:** Sign up by 11:59 on Friday March 21st

On Saturday March 29th the club will be traveling up to the home of the tigers for the 2025 Towson Invitational to compete in a **NCAA Division I** track and field meet! You can be sure there will be great competition. Also a great opportunity for a tune-up before NIRCA Nationals!

The club will be traveling to this meet on Saturday 3/29 will be a day trip meet. The meet will start at 10 AM for field events and 1PM for track events and end somewhere in the late afternoon. There are no limits on track entries at this meet. Field events - Top 32 per gender.

**Sign Up!**

## Stream Cleanup (3/30)

Once again this semester we will be joining the Sustainable Ocean Alliance for a stream cleanup. **As a reminder all of our competing members are required to complete at least one fundraiser for each semester that they compete. Attending the stream cleanup will count towards this requirement!**

We will also offer more fundraising opportunities later in the semester, but it's a good idea to get it out of the way now if you're able to!

This is a great way to give back to the community and do something positive with your friends on a sunday! No sign up is required, just be at Iribe at 11am!

**Location:** Brendan Iribe Center

**Time:** Sunday March 30th at 11am

**Recommended Attire:** Long-sleeves and pants (to avoid scratches from thorns and bug bites), close-toed shoes

**Equipment:** SOA provides all equipment (e.g., bags, grabbers, gloves)! Just bring yourself

## Practice (Time Changed to 5pm!!)

The time switch has occurred which means **that practice is at 5pm!!**

**From now on Practice will be at 5pm every Monday-Friday**

Distance runners will meet at the [School of Public Health Overhang](#), (38.99334, -76.94220) and sprinters will meet at [Kehoe Track](#) unless otherwise noted, (38.98765 -76.95096). If you're having any trouble finding the overhang or the track then slide us an email, Instagram dm, or GroupMe message

We only have one requirement for people attending practice, it's very easy but important! Please make sure that you are signed up on IMLeague so we can make sure everyone is safe and accounted for. If you have any issues or questions please let us know!

## Terrapin Invite Design Challenge

Once again we will be holding a design challenge for the Terrapin Invitational Shirt and Pint Glass! Here are the past designs for inspiration:



**Please submit any designs by March 15th at 11:59pm!** We will be voting on which designs to use for the meet.

**Submit Design**

## Training Plans

While never required, workouts are an important piece of training for those who wish to compete with us. And can be fun and rewarding even if you don't compete. Our two training plans, the Sprint Plan and

Distance Plan, are linked below. Please reach out if you have any questions about the plans or specific workouts!

**Here's a preview of what workouts you can expect this week (Distance runners do easy runs on every non-workout weekday)**

### Sprint Plan:

3/10 - 3/16	Long Sprints: 6x300m out-downs (1st 100 @75%, 2nd @80%, 3rd @85%), 4 min rest between Short Sprints:	100s on the minute: 3x8 100s, 3 min rest between sets	Grass strides, hurdle mobility	Start drills, 30-40-50 x3, full recovery between	Matthew Boling Workout: 400-300-200-200 (400 @95%, full recovery, 300 at 95%, full recovery, 200 @95%, 1 min rest, 200 @95%)	2-4 mile run or rest	Rest and Recover
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### Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Practice time changes to 5PM	11 <b>Speed Economy + Threshold</b> 6x (200 @R w/ 200 jog) 2x (1k @T w/ 1 min rest)	12	13	14 <b>Threshold Miles</b> 2x (1600 @T w/ 90 sec rest)	15	16

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Practice time changes to 5PM	11 <b>Threshold 2ks</b> 4x (2k @T, 2min rest)	12	13	14 <b>Threshold Tempo</b> 3.5 miles @T	15	16

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Practice time changes to 5PM	11 <b>The Michigan</b> Mile @I, 3:00 jog Mile @T, 3:00 jog 1200 @I, 3:00 jog Mile @T, 3:00 jog 800 @I, 3:00 jog Mile @T, 3:00 jog 400 all out	12	13	14 <b>Threshold Tempo</b> 3 miles @T, 4min rest 2 miles @T	15	16

[Distance Plan](#)

[Sprint Plan](#)

## Club Study Hours

After a very fun time, study hours are here to stay!

We will be hosting study hours **every week in Mckeldin Library, Room 2105, on Tuesdays from 8-10pm**

You are welcome to attend for as long as you want or are able to. This is a great opportunity to get to know your teammates and maybe get a little work done in the process. I am looking forward to a great time in the library and I hope to see you there!

## Club Lift

Do you want to workout muscles other than your legs? Do you want to have a lot of fun doing it? Do you want to be in the school of public health on a Thursday night? Then Club Lift is for you! Our lift hours for the spring will be from **10:00-11:30 pm every Thursday in the SPH Weight Room**. Whether you're new to lifting or a seasoned veteran following an expertly crafted training plan, Club Lift is a great place to get your

workout in. With the weight room reserved exclusively for our club you won't have to deal with any overcrowding and can peacefully bond with your teammates while getting big or just preventing injury. Hope to see you there!

## Meet Schedule

Our meet schedule is nearing its final form. We have gotten a date confirmed for our home meet Terrapin Invitational! Our meet will be on Sunday, April 27th. We will send out more information closer to the event but start getting excited!

Meet	Level	Location	Date
Happy Valley Invitational	Club	State College, PA	Sun, Feb 9
Capital Relays	Club	Bethesda, MD	Sun, Feb 23
Cavalier Invitational	Club	Charlottesville, VA	Sat, Mar 1
Towson Invitational	DI	Towson, MD	Sat, Mar 29
NIRCA Nationals & Half	Club	Richmond, VA	Sat-Sun, Apr 5-6
Blue Hen Invitational	Club	Newark, DE	Sat, Apr 19
Terrapin Invitational	Club	College Park, MD	Sun, Apr 27
Kehoe Twilight Invitational	DI	College Park, MD	Fri, May 2
Frederick Half Marathon	Road	Frederick, MD	Sun, May 4

## 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](#).**

Always remember, while our club gets competitive, it is also fun (arguably more important), 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 always have people to run with! There is a wide variety of skill and experience levels on the club and there's room for everyone!

**Info Doc!**

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 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](http://umdclubrunning.com)

Catch you on the flip side,

Evan Masiello

*President*

UMD Club Running