



Happy race week terps,

Start your engines because it's almost time for some more fierce competition on the track. This weekend we will be making the short trip to BCC High School for Capital Relays, but before that we have a lot of fun things to do so read on!

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Capital Relays Meet Sign Up

TLDR

Who: You!

What: UVA Cavalier Track and Field Invitational

Where: Albemarle High School near University of Virginia in Charlottesville, VA

When: Saturday March 1, 2025

How: Sign up by 11:59 on Friday 2/21

Was your Valentine's Day a bit disappointing? Don't worry, maybe there's hope because Virginia is for Lovers! On March 1st the club will travel down to UVA Grounds to compete in the Cavalier Invitational. This meet is historically very well run with fantastic club competition. The scenic drive along US 29 will be about 2 and a half hours. This is another great meet to attend if you want chill vibes or a competitive race environment - that's the best part about club meets.

This will be a day trip meet. The meet will start at 12 PM and end around 5-6pm. There are no limits on entries at this meet :))))

The meet fee is the standard \$5. (In addition to the \$20 semester competition fee if you have not paid that yet).

Reminder: Club Running Competition fee is \$20 for a semester OR \$30 for the year, plus each individual meet fee.

Sign Up!

Movie Night Social Event



Join us for a very fun time watching a classic cross country movie. Bring some popcorn and feast your eyes on some premium film.

What: McFarland USA movie night

When: 7:30pm Wednesday, Feb 19th

Where: Jimenez Hall Room 0220 (<https://www.google.com/maps/place/Jimenez+Hall,+College+Park,+MD+20742>)

Who: Everyone!!

Apparel Order Form



The apparel order form is here!! Do you want to get yourself one of those Maryland club running hoodies that everyone is always wearing? Or are you interested in a different article of clothing from our expansive options? **Make sure to fill out the form before February 21st at 11:59pm!**

[Order Here!](#)

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

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:

2/17 - 2/23	8x200 @70%, 2.5 min rest between	Start drills, 30-40-50 x3, full recovery between	4x200m strides, hurdle mobility	Long Sprints: Quarter Pick-Ups - 4x400m (First 300 at 70%, last 100 at 85%), 4 min rest inbetween Short Sprints: 5x200 (First 150 @80%, last 50 at 95%), 5 min rest between	Pre-Meet: Starts, strides, etc. Not Pre-Meet: 200-300-400-300-200-100 @80%, 5 min rest between	Rest, stretch, recover, prepare for meet or 2-4 mile run	Capital Relays
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Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17	17	18	19	20	21	22

Threshold 1ks
3x (1k @T w/ 1 min rest)

Capital Relays (American)

~35 Miles per week:

17	17	19	20	21	22	23
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Threshold Miles
3-4x (1600 @T, 90sec rest)

Capital Relays (American)

~50 Miles per week:

17	18	19	20	21	22	23
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Threshold Miles
5x (1600 @T, 90sec rest)

Capital Relays (American)

Distance Plan

Sprint Plan

Practice

As always we will meet at 4pm every Monday-Friday (Until daylight savings starts again). 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!

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!

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](#)

Have a splendid week,

Evan Masiello

President

UMD Club Running