
4/8(9)/24 Club Running Weekly Email

1 message

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Happy Tuesday Everybody,

Congratulations to everybody that ran at nationals this weekend! Everyone did great and it was a super fun trip. There's no meet this weekend but we have plenty of other fun stuff on the docket!

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Terrapin Invite

The 4th Annual Terrapin Invitational will be at Kehoe Track on Saturday, April 20th! This meet will be free for all club members, regardless of whether or not you have paid a semester competition fee. All we ask is that if you are competing you sign up to help volunteer at the meet, we will work your shifts around any events that you are doing and feed you so there is no reason not to sign up. If you don't want to compete but want to hang out and volunteer that is great too! Now is a great time to get your friends interested in the club too, if they register on IM leagues and Terplink and sign up to volunteer then they can compete at the meet so make sure to share this information. We are also accepting unattached entries for this meet so if you know anyone that isn't on a NIRCA team but wants the opportunity to compete than tell them about the meet and have them email the club. Below are links for the meet sign up and volunteering form, please fill these out no later than 4/14 (Sunday) at 11:59 PM.

[Meet Sign Up](#)

Volunteer Sign Up

Workouts

Nationals is over but we still have three more meets and the Fredrick Half! There is no meet this weekend which means we can recover from nationals and get in some solid workouts! Our sprinters are looking forward towards peaking for the home meet on the 20th and distance is transitioning into some harder efforts now that we are in better shape than at the beginning of the season. Sprinters have great focused work each day this week from block work to tougher longer efforts. Looking at the distance plan you will notice a blank spot on the schedule, a wildcard for today, we will decide at the beginning of practice a fun workout that everyone can do together for today. As always, check below to see the workout plans and reach out to an officer if you have any questions about the workouts.

08	09	10	11	12	13	14
			Callousing Effort 2x (800 @T, 45sec rest) 400 @R, 400 jog 1600 @I, 5min rest 4x (200 @R, 200 jog) 600 @R, full recovery 800 @T			

Distance Training Plan

4/8 - 4/14	Recovery Day from Nats: Strides and Frisbee, LOTS of stretching and rolling out	Blocks: 30-35-40 x3	40m fly ins x5, 5 minute recovery	5x200 @ 70%, 4 minute rest	Long: 400 (full recovery) - 300(full recovery) - 200(1 minute) - 200 Hit same times on final 200s Short: 1x150m all out 6 minute rest, 3x200 85%-90%-95%, 6 minute rest	Rest	Rest
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Sprint Training Plan

Nationals Recap

The Men's team got 12th and the Women's team got 14th at the meet this weekend! You heard that right, 12th and 14th in the nation! This score doesn't say it all though, there were plentiful pr's and a ridiculous number of non-scoring, but still incredible, 9th place finishes. Scoring for us this weekend was Griffin in the 1500; Rachel, Jenna, Kayleigh, and Mandy in the 4x800; Uzoma, Aryaman, Danny, and Kalabe in the 4x100; Mason in the 110 Hurdles; Henry in discus; and Sadou in the 1500, but everyone did a great job!

Hot Sauce Night

Prepare your taste buds, because coming up on Friday night at 8:00 PM (location TBD) will be the second annual hot sauce night! Do you want to subject yourself to up to 800,000 Scoville Heat Units (or watch fellow club members subject themselves to this extraordinary amount of spiciness), then make sure to pull up. If you were in attendance

for the first annual hot sauce night you may remember that the hot sauces were not hot enough and everyone ended up drinking the hot sauces, no longer will this be the case. We will start at a mild sauce and work our way up to "Xtreme" with the winner being the last one to ta out. Lemon juice and bread will be on hand for recovery, bringing water (or waters) is recommended.

Long Run

With no meet this weekend we can get in a solid long run. We will be doing a big long run as a team on Sunday 4/14. More information to come soon regarding location and how to get there.

IM Soccer

Its playoff time, come out to support the Coed, Women's and Men's league teams. The coed team plays their first game today at 7:00, the men tomorrow at 6:00, and the women on the 15th at 6:00! Next up for IM sports after Soccer will be IM 4v4 flag football, if you are interested in being a captain for one of our teams contact me.

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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