
Happy first day of practice!! (1/27 Weekly Email)

1 message

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

Mon, Jan 27, 2025 at 8:00 AM



Good morning club athletes,

Happy first day of classes and more importantly **first day of practice!** I'm very excited to start our season and see everyone at SPH or the track at 4pm today. If you're new to the club or you've been waiting for the perfect time to start coming to practice I think today is your day.

Table of Contents

1. Practice (**Starts today!**)
2. Happy Valley Meet Sign Up
3. Family Feud Night
4. IM Basketball
5. Training Plans
6. Club Lift
7. Tentative Meet Schedule
8. New Member Information

Practice

Practice will start for the spring on the first day of classes, **January 27, at 4:00 PM**. Practices are optional for all our members so come as often or little as you are able/desire, we'd love to see you there!

If you haven't been to practice before this is a great time to start! Make sure to take a look at our new member information later in the email!

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!

Happy Valley Meet Sign Up

We are excited to kick off the 2025 track season by heading up to Penn State to run our first and only indoor meet of the season. This meet will be held at the wonderful Horace Ashenfelter Indoor Track, a 200m hydraulically banked six lane track with eight lanes in the center for sprint events. There are also two runways for long and triple jump and a very nice astroturf area for us to set up camp at and warm up on. Winners of each event get a "Happy Valley Invite Champion Dri-Fit T-Shirt" . This meet is very fun and a great opportunity for people to have a baseline for the rest of the season. It is also always very fun to travel with the club and a great opportunity to meet people if you're new!

This will be a two day trip. The meet is entirely on Sunday (2/9), but we will be driving up to Penn State and staying in a hotel on Saturday (2/8) evening, to make it to the meet early on Sunday morning. We will drive back to College Park on Sunday evening after the meet. The TENTATIVE plan is to leave at 4 pm on Saturday and return around 8 pm on Sunday night. This may change, and more detailed plans will be sent out in the travel email to those attending.

We are aware that this meet falls on Super Bowl Sunday, we cannot promise that we will make it home in time to watch the game, so please be aware of that when choosing to sign up for this meet.

WHAT: Happy Valley Indoor Track Meet

WHEN: **Saturday - SUNDAY February 8-9, 2025** (leaving MD Saturday afternoon, staying in PA for the night, racing on Sunday, returning to MD Sunday night)

WHERE: State College, PA

WHO: You! and all your amazing club running teammates

WHY: Super fun overnight meet with great competition from other college clubs. Also our only indoor meet of the season.

HOW: Sign up and pay by: Friday January 31 at 11:59pm

Sign Up!

Family Feud Night

Do you think you have incredible insights into the mind of a club runner? Are you new to the club and want a fun way to meet everyone? Do you want to just have a fun Thursday night? If you said yes no or maybe to any of those questions you should come to our club Family Feud social event!

The Family Feud Night will be on **Thursday Jan 30th at 7:00pm**, it will be hosted at **8411 Potomac Ave**, a charming house that is only a short walk from campus and home to numerous club officers. No RSVP is required so show up and get ready to go head to head answering some thrilling questions!

IM Basketball

We are very excited to offer three IM Basketball teams to help you engage in some fun indoor athletic activity. Our teams are Club Running Men's Varsity, Club Running Men's JV, and Club Running Coed. Anyone on the club is welcome to join whichever team they think is the best fit for them! Both Club Running men's teams are in the Men's B League and the Coed team plays in Coed B League.

Men's Varsity plays at Tuesday 11pm, Men's JV plays at Sunday 10pm, and Coed will play at Tuesday 8pm.

Sign up for the teams on www.imleagues.com! and don't forget to take the concussion quiz before the first game.

Training Plans

While never required, workouts are an important piece of training for those who wish to compete with us. Even if you don't want to compete, hopping in a workout is a great way to challenge yourself and become a better runner. As always we will have two recommended training plans: A distance plan and our sprinting training plan. These workouts are suggestions so feel free to modify your training as you see fit and maybe bounce between the plans if you're interested in mid distance. If you have any questions about the workouts

please reach out and we can put you in touch with the creator of the plan you're looking to follow. It is important to note that these plans are best paired with some good base mileage during winter break and early in the semester!

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

Sprint Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/27 - 2/2	6x200 @ 75%, 3 min rest	40-50-60 x 3, full recovery between	Relaxed 4x200 strides, hurdle mobility	(2x300 @ 70%, 100m jog inbetween) x 3 4 min rest between sets	300-300-250-250-200-200 @ 80%, 4 min rest after 300s, 3 min rest after all others	2-4 mile run	Rest

Distance Plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First day of classes and practice (4PM, SPH)	27	28	29	30	31	1 2
				Fartlek 10x (2min on, 1min off)		

Distance Plan

Sprint Plan

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!

Tentative Meet Schedule

Although it's still early in the season, and this is subject to change, we have an early version of the meet schedule so you know what to expect. This is a lot of meets so you definitely do not need to go to all of them (or any if you're just looking for a relaxed semester), but we want to have plenty of options so everyone can pick and choose their favorites.

Meet	Level	Location	Date
Happy Valley Invitational	Club	State College, PA	Sun, Feb 9
Capital Relays	Club	Washington, DC	Sat, Feb 22
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
Paul Kaiser Invitational	DIII	Shippensburg, PA	Sat, Apr 26
Kehoe Twilight Invitational	DI	College Park, MD	Fri, May 2
Frederick Half Marathon	Road	Frederick, MD	Sun, May 4
Terrapin Invitational	Club	College Park, MD	TBD

The million dollar question is when our beloved home meet, The Terrapin Invitational, will be. Unfortunately we do not have that answer right now but we will be scheduling and announcing it as soon as possible.

** Depending on when the Terrapin Invitational is, it is possible that we will unfortunately be unable to attend The Blue Hen Invitational but we will cross that bridge when we get there.

New Member Information

The start of the spring season is a great time to join the club! 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 spring 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 (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

Hope to see you all today at 4pm,

Evan Masiello

President

UMD Club Running