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## Happy Valley Race Week! (2/3 Weekly Email)

1 message

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

Mon, Feb 3, 2025 at 9:39 AM



Happy Monday students,

I am very very very hyped. This is the race week for our beloved indoor meet Happy Valley (or Hypey Valley depending who you ask). We have plenty of fun easy runs and two recommended workouts, until we make the trek up to Penn State for a very memorable Super Bowl weekend. Hope to see you along the journey.

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## Capital Relays Meet Sign Up

**Who:** You!

**What:** Capital Relays, hosted by American University Running Club

**Where:** Bethesda Chevy Chase High School Track

**When:** SUNDAY February 23, 2025

**Why:** Fun chill meet that is not too far away (30 minute drive!)

**How:** Sign up by 11:59 on Thursday Feb 13

Our first Outdoor meet of the year will be held close to home in the D.C. area at BCC HS, hosted by American University! It is about a 35 minute drive from College Park. This is a great meet to attend if you just want to try out racing track because it's super close by and it's a pretty chill meet with other local club teams.

This will be a day trip meet and the meet will start at 10 am and end somewhere in the mid to late afternoon at the latest. 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!**

## 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:

2/3 - 2/9	4x400m (First 300 at 70%, last 100 at 85%), 4 min rest inbetween	120m Sprint-float-sprint (30-50-40) x5, 5 min rest between	Yoga at Eppley	Start drills, block starts (no more than 30 meters)	4x200m build-ups, other pre-meet work OR 8x200 @ 70-75%, 3 min rest	Rest, stretch, recover, prepare for meet or 2-4 mile run	Happy Valley Invitational!
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### Distance Plan:

~20 Miles per week:

4	5	6	7	8	9
Threshold 8s 4x (800 @T w/ 45 sec rest)		Race Prep 8x (200 @ mile pace w/ 200 jog)			Happy Valley Invitational (Penn State)

~35 Miles per week:

4	5	6	7	8	9
Threshold ks 6x (1k @T, 1min rest)		Race Prep 1.5-2 mile tempo (not too hard) 6-8x200 @Race Pace w/ 200 jog			Happy Valley Invitational (Penn State)

~50 Miles per week:

4	5	6		8	9
Threshold ks 7x (1k @T, 1min rest)		Race Prep 2 mile tempo (not too hard) 8x200 @Race Pace w/ 200 jog			Happy Valley Invitational (Penn State)

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!

## 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.

**Be aware that the date and location for Capital Relays has changed!**

Meet	Level	Location	Date
Happy Valley Invitational	Club	State College, PA	Sun, Feb 9
Capital Relays	Club	Bethesda, Maryland	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
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 big 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

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)

Stay hyped family,

Evan Masiello

*President*

UMD Club Running