
First Day of a post-Happy Valley spring (2/11 Weekly Email)

1 message

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

Mon, Feb 10, 2025 at 8:00 AM



Howdy Club Runners,

What a thrilling weekend. Our teams had an awesome time at Happy valley. Time to rest and recover so we're locked for the next meet

Table of Contents

1. Capital Relays Meet Sign Up
2. Meet Schedule (**Now Featuring Terrapin Invitational!**)
3. Apparel Order Form
4. Happy Valley Meet Recap
5. Training Plans
6. Practice
7. Club Lift
8. New Member Information

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, except for the **5k which is unfortunately limited to 3 entries per gender**, to ensure the meet moves quickly. If you are interested in the 5k please provide a back up event, but we will be attempting to enter everyone who would like to race it.

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!

Meet Schedule (Now Featuring Terrapin Invitational!)

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

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!](#)

Happy Valley Meet Recap



We left early to avoid the blizzard!

The sleet was making dinner iffy so our beloved vice president Ben Waterman got dominos for the whole club!

Some club members were not satisfied and paid to be driven to olive garden (Ben Waterman and Brian Lau watched approximately 2.5 episodes of love is blind in the car)

We all checked into our hotel rooms with no problems!

We made it to the meet thanks to Lillian Hsu's ice clearing equipment

Everyone did great and the meet was very fun!

Out of the 4 UMD Club DMR teams the self-titled "Down Bad DMR" won

Logan Hurney ran a club record in the 400 with 50.56!!

Max Pizzolato threw a club record and MEET RECORD in the shotput with 13.89 meters!!

Our men's team placed 3rd overall and our women's team tied for 2nd overall!!!

We all made it home safely slightly before the super bowl ended!

[Results!](#)

[Photos!](#)

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:

2/10 - 2/16	Long Sprints: 3x800 @ 70%, 4 min rest Short Sprints: 5x200m build-ups (Start at 65%, every 50m increase effort by 5%), 4 min rest	100s on the minute: 3x8 100s, 3 min rest between sets	Recovery day: Grass strides, hurdle mobility	Start drills, 30-40-50 x3 w/ full recovery	5x300 @80%, 5 min rest between	2-4 mile run	Rest
-------------	--	---	--	--	--------------------------------	--------------	------

Distance Plan:

~20 Miles per week:

10	Fartlek @Marathon 10x (1 min on, 1 min off)	11		12		13	Speed Economy + Threshold 8x (200 @R w/ 200 jog) 2x (800 @T w/ 45 sec rest)	14		15		16
----	--	----	--	----	--	----	---	----	--	----	--	----

~35 Miles per week:

10	Marathon Fartlek 10x (3min @M, 1min off)	11		12		13	Threshold 8s 7x (800 @T, 45sec rest)	14		15		16
----	---	----	--	----	--	----	---	----	--	----	--	----

~50 Miles per week:

10	Marathon Fartlek 10x (3min @M, 1min off)	11		12		13	Threshold 8s 10x (800 @T, 45sec rest)	14		15		16
----	---	----	--	----	--	----	--	----	--	----	--	----

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 great week,

Evan Masiello

President

UMD Club Running