**Guided Running and Racing**

The TTL running program is designed is to guide and motivate runners to a personal best in their run training and racing. The training program is heavily coached and has a moderately aggressive approach to achieving your personal best. We will educate you on proper running form, biomechanics, training, nutrition and mental toughness.

You will work with a TTL coach twice weekly to help you accomplish your goals and you'll have the companionship of others reaching for similar goals. At times, we'll have assistant coaches to decrease the coach to athlete ratio for a higher quality experience. Spend your workouts completing track workouts, hills, repeats tempo runs, strength/power running, endurance strength training, and more. Each week will challenge you, and be tailored towards your goals from sprint races, 5K runs, or full-distance marathons.

The course meets for 90 minutes twice a week. You have the choice among the following morning and evening sessions

11:30 AM - 1:00 PM (MW)

5:00 PM - 6:30 PM (TR

**Course Outline**

The running class will meet at the Falk Running Center, and when weather permits, we'll be outside at the Falk Running Track.

Week 1

Orientation

Setting a Goal

Group Running

Clothing and Shoes

Danger Zones

Initial Assessment

Gait Assessment

Power Measure

Time Trial

Stretching Techniques

Week 2

Wind Sprints

Recovery

Building your Core

Week 3

Wind Sprints 2

Stretching Session

Week 4

Mid-range Running 1

Mid-range Running 2

Week 5

Hill Repeats 1

Recovery Runs

Stretching

Week 6

Weight Training and Running

Hill Repeats 2

Building a Base</li>

Week 7

Preparing for 5K Race

5K Simulation 1

5K Simulation 2

Week 8

Preparing for a Marathon

Building and Recovering

Final Assessment

Final Time Trials