

# 2019 Spring Training Program

We want to give you in more detail what you are going to be receiving when you sign up for our Spring Training Program.

## **With your \$100 Registration Fee you receive the following;**

- 15% OFF Discount all year round at FRC on regular priced merchandise.
- Detailed Training Program written by knowledgeable coaches not something taken off the internet (read below for more information).
- Multiple Group Runs per week.
- Access to store sales before the general public.
- Short Sleeve Technical Training Shirt.
- Discounted "Team Training" Gear.
- Closed Facebook Group for Training Program members only so you can ask questions or organize runs outside of the times we meet.

## **Before we begin the training cycle we will gather the following information from you;**

- Goal Race you are training for.
- What is your goal for that race.
  - To finish.
  - Personal Record time.
  - Just to overall improve your fitness.
- How many days a week are you comfortable running.
- What kind of weekly mileage are you comfortable with.
- If you have had any previous injuries or areas of concern.

## **With that information we will make a detailed Training Program:**

- You will get a daily suggested program on a monthly basis.
- Schedule will be built as if you can make the Group Runs but of course it's easily adjusted to fit into your life schedule.
- Speed Workouts are optional. They will be written into the program as an option to do on Monday's but you are not expected to participate in them.
- Each week an email will be sent out explaining any workouts for the upcoming week and other announcements.

## **GROUP RUNS:**

- Running with others in a group setting is why many of us do this. We want to give you every opportunity to run with others as possible.
- **WEEKLY RUNS**
  - Monday 6pm
    - Every other week we will have access to NDSU's Indoor Track Facility for Workouts or if you just want to run inside instead. When we don't meet at NDSU we will meet at FRC.
  - Thursday 5:30am.
    - Regular Group Run from FRC every week.
  - Saturday 7am
    - On select Saturdays we will meet for a Supported Group Run. Most of the time we will meet at FRC but we are working on running from other locations as well. Aid Station(s) will be provided for all of these runs.