

# MARYLAND

The logo for Maryland Running2Win features the word "MARYLAND" in large, bold, red letters with a yellow outline. Below the text is a yellow banner with a red and white checkered pattern. A small "TM" trademark symbol is located to the right of the word "MARYLAND".

Hello club runners!

Congrats to those who ran at Kehoe and the Frederick half!

**Make sure to pay any outstanding fees to Luanne or Rylan by this Thursday, May 10th. If you are not sure please contact them.**

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## APPAREL

If you still have a rental uniform and are not competing at Kehoe, please make sure that you get it back to me! Also, there are still apparel orders that need to be picked up, so please make sure you make arrangements with me to get yours by the end of the semester. **Any orders not picked up by May 17th will become property of the club.** I am at practice almost every day, so just let me know ahead of time and I can bring your order with me! If you can't make it to practice, feel free to contact me to set up an alternative time to get your order.

Julia Heiges  
Apparel Coordinator

## Running2Win

As the semester is coming to a close and summer break approaching fast, now is a great opportunity to join our running2win group! You can have friendly competitions with your teammates throughout the summer all the while getting your training in!

Log on to [running2win.com](http://running2win.com), make a free account, and join our team! It's open to all current members, future members, and alumni. Find us under UMD Club Running (or use team

ID# T-59652160005-23). Request to join the team and we will bring you on board.

### **Check out our website and blog**

Check out our [website](#) and [blog](#) that our Webmaster, **Briggs Alexis Briggs** has been updating here and there! Blog post submissions are always welcome!

### **2018 Summer Training Plan**

As the semester is coming to a close we got to start preparing for the upcoming fall semester!

One of our runners Javier Wavering has generously made a summer training plan for us !!!!

Hello! I have made this purely for fun and for me to follow. Once I had my training in place, I realized that it would be pretty easy to translate it into similar plans for different mileage "groups" depending upon what your goals are. I hope that someone will find it useful to them this summer as they go about training for the upcoming cross country season. I will never claim to know very much about distance running or physiology but I know some very good coaches who have developed good teams using training methods very similar to what is in the following plan.

The purpose of the summer phase of our training is to systematically build the aerobic capacity to the highest level possible before beginning any significant volumes of faster/anaerobic work. By building these systems we are also trying to prevent injury later on by getting our body more efficient at recovering from hard efforts.

While it is a fact that repeated intense exercise bouts well over the level of the anaerobic threshold (i.e. 800-5k race paces) can stimulate "growth factors" in capillaries supplying skeletal muscle, (as long as sufficient recovery time is allowed between intense exercise bouts) it's also an established fact that the prolonged "acidosis" and muscle trauma that accompanies such exercise can be detrimental over time. Don't do this. Under these circumstances more recovery time is required that could otherwise have been spent doing productive aerobic training, which does not require the same recovery period that intense anaerobic workouts require. Training too intensely – too soon – is like playing with fire. Aerobic training is safe and predictable. There is certainly a place for more intense work during the season when we are close enough to races for it to have a positive impact on races late in the season (Regionals and Nats).

The goal of summers are to do as much strong aerobic running as possible while improving week by week, but not so much that general fatigue will result. That is why we have a weekly schedule that varies the distances and efforts so that you are able to absorb the training and come back for more. **TRAIN DON'T STRAIN!!!**

**CONTROL** of efforts is key. Start at lower end of range in distance and pace. Gradually raise distance, **THEN** pace over the weeks of summer on your runs/workouts. This has kind of been written into the plan with a build up to your goal mileage before you really begin incorporating workouts. It is possible to incorporate aerobic workouts earlier but I've personally found it best to have a really nice base before you start doing any real aerobic "workouts".

Hope and Persistence are everything. Start at one achievable level and chip away steadily week by week, and by the end, definite improvements will have been made in aerobic endurance. Resting heart rates will be lower, blood volume will have increased, running muscles will greatly increase their ability to utilize oxygen. The body will utilize more fats as fuel, sparing carbohydrates, and excess body fat will drop away, leaving the runner as a lean, mean, running machine.

"YOU CANNOT RUN FOR YOURSELF AND BE SUCCESSFUL" - Tom Arnold

Sincerely  
Jack Wavering

If you have any questions please email Jack at [jwaverin@terpmail.umd.edu](mailto:jwaverin@terpmail.umd.edu) or (240) 252 – 9358

## [Maryland Club Running Summer 2018 Training Plan](#)

### Distance Weekly Summary

5/7/2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5k	Easy	Easy	Easy	Easy	Easy	Easy	Easy
800/1500	Easy	Easy	Easy	Easy	Easy	Easy	Easy

### Sprinter Weekly Summary

5/7/2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	easy	easy	easy	easy	easy	easy	easy

The training plan has workouts for every distance from the 100 to the 5k. Check out the tabs at the bottom and see what suits you best.

If you aren't comfortable with a workout, do something comfortable for your mileage to prevent injury. The goal is to get your body to push itself a bit past your comfort zone to keep getting stronger, but we don't want anyone to risk injury!

Speaking of preventing injury, **don't forget lifting and strength training!**

If you're part of the mass that hasn't lifted before or you don't know how to start, push-ups are great! We usually have a group that does push up lines after practice so join us! Don't know what a push-up line is? Well, that is another reason to stick around at the end of practice to do lifting and strength training!

## Fun Stuff!

### Rita's Run!!



There will be a Rita's run this Wednesday!!! Make sure to bring money to practice!!!!

## Miscellaneous

As always, for complete information about the club and full steps on how to join the team, check out our

\*\*\* ALL INCLUSIVE INFO PACKET \*\*\*

**Fun Facts**

You're unable to tickle yourself because the cerebellum predicts the sensation and this prediction is used to cancel the response of other brain areas to the tickle.

See you at practice!

Hiroyuki "Hiro" Wakabayashi

President, Maryland Club Running

