



Hello club runners!

Congrats to those who have run at Nationals!

Pramodh Manian placed 8th in the long jump and 3rd in the high jump to earn two All American Titles!

Our women's 4x8, Julia Heiges, Katrina Hrabinski, Shannon MacMaster, and Luanne Zimmerman, broke the club record with a 5th place NIRCA All-American finish!!!

Ryun Anderson and Shannon MacMaster placed 3rd and 6th respectively in the 5k and earning an All American title!

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Change in Practice Structure

Thanks to the feedback we got on the survey over winter break, beginning on Monday, April 9th, we will be meeting at the track for practice on **Tuesdays and Fridays** only! **Mondays, Wednesdays, and Thursdays we will go back to meeting at SPH at 5pm.**

Meet Signups

And just like that, the season is almost over! Here are the last two sign ups for the semester:

Paul Kaiser Classic:

When: Saturday, April 28th

Where: Shippensburg University, Shippensburg, PA

Paul Kaiser is a D3 meet that typically has a wide range of competition. The track events are scheduled to start at 10am. This meet is super fun and is our last team meet of the season. I highly encourage everyone to sign up! If you are not sure if you should compete at a D3 meet, check out last year's results

[here](#). It is about a 2 hour trip to the school so we will leave Saturday morning at ~7:15am. Exact departure times and more information will be available in the travel email.

SIGN UPS CLOSE TUESDAY, APRIL 24th, at 11:59PM

[PAUL KAISER SIGN UPS](#)

[Fredrick Half Marathon:](#)

When: Sunday, May 6th

Where: Frederick Fairgrounds

We will be sponsoring the Fredrick Half Marathon again this year! The cost per person is \$50, which is significantly subsidized from the actual price. In the event of withdrawal from the race, you will be expected to pay for the entire entry fee (\$90) or find a replacement. The half starts at 7:00am which means we will be leaving early(4:30-5:30am). Exact departure times and more information will be available in the travel email. You will receive a medal and quarter zip for completing the race.

SIGN UPS CLOSE WEDNESDAY, APRIL 25th at 11:59PM

[FREDRICK HALF SIGN UPS](#)

Running2Win

Log on to 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 Training Plan

Here is the plan for this week.

[Maryland Club Running Spring Training Plan](#)

Distance Weekly Summary

4/9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5k	Easy		Easy+ 8xstrides	TBA	Easy	Meet Prep	Retriever Invitational
800/1500	Easy	2x600+2x400+3x300	Easy+ 4xstrides	2 mile Threshold +4x200+3xmile+4x200	Easy	Meet Prep	Retriever Invitational

Sprinter Weekly Summary

4/9-4/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8x150s w/ pushups	6x200 @ 28-32sec pace, walk back rest	4x500, cross 400 mark @ 75% of 400 time	25min Long run (fartlek, 4:30 easy, :30 hard)	150 quick, 4x200/Pre Meet Day	Pre Meet Day	Retriever invitational (4/22)

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!

Chipotle Fundraiser

On **April 22nd** we are having a Chipotle fundraiser from **5pm to 9pm!** Since the fundraiser is from after the **Retriever Invitational** a lot of will be going. Come out and grab some food with your friends and teammate!

APPAREL

If anyone wants a rental uniform for nationals, contact Julia or email the club! A singlet is a \$10 deposit that you get back when you return the uniform. If you have a rental and are not planning on competing soon, please make sure you return it!

There are still some orders that have not been picked up, so please make arrangements with me to do so!

Julia Heiges
Apparel Coordinator

SPRING FORMAL

For the first time in 4 years, we will have a SPRING FORMAL!

It will be on **May 5th from 5-7pm** at the **Cornerstone Loft!** A facebook event will be created early next week, so be on the lookout for that!

Intramurals

Each semester, our club proudly participates in intramural sports! We love having any and all club members join us, regardless of experience or ability!

Since IM soccer playoffs are upon us, it is too late to join the roster if you are not already on it, but don't fret because there will be many more intramurals to be played next fall :)

The men's team, "Sasho's Strikers," plays their first playoff game Wednesday 4/11 at 11:55pm

The coed Team, "Club Running," plays their first playoff game Thursday, 4/12 at 11:55pm

We love seeing your smiling faces both on the field and on the sidelines cheering!

If you have any questions feel free to contact Christina Higgins!

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*****

See you at practice!
Hiroyuki "Hiro" Wakabayashi
President, Maryland Club Running

