



## 2018 Beginning Running Group

September 19<sup>th</sup> - November 7<sup>th</sup> 2018

Group will meet on Wednesdays at 6:15PM

at the FSU track (Mike Long track), part of the McIntosh Track & Field facility  
on the corner of Spirit Way & Chieftain Way

**Want to start a running routine?**

**New to running (or getting back into it) and need some motivation to stick with it? Want to complete a 5k?**

**Join us to get tools, training, and support to build your endurance and complete a 5k (3.1 miles)!**

Everyone is welcome! We'll have 3 groups available each Wednesday:

- **Run-Walk-Run**

Starting with 1-mile distance, these runners progress toward continuously running 3 miles by the 8<sup>th</sup> week. Training Week 1 starts with a 1 minute run:1 minute walk – or 1:1 – ratio. Each week, the number of minutes running increases as the goal distance steps up (i.e. 1:1 for 1 mile, 2:1 for 1.25 mile, etc).

- **Run-Walk Only**

Starting with 1-mile distance, these runners complete the goal distance each week using a set 1 minute run:1 minute walk ratio. This won't change from week to week (i.e. Week 1 is 1:1 for 1 mile, Week 2 is 1:1 for 1.25 mile, etc).

- **Running**

Starting with a 1-mile run in Week 1, these runners progress toward running 3 miles continuously with little to no walking by the 8<sup>th</sup> week. They will increase running distance by ¼-mile each week, without taking a walk break if possible, adding roughly 2 to 3 minutes to their running endurance per week.

### **FAQs:**

**Cost?** Free for GWTC members!

Visit [www.gulfwinds.org](http://www.gulfwinds.org) to join the club or renew membership, then register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the [Training](#) section

**Parking?** Available in the campus parking garage at the corner of Stadium Drive & Spirit Way **or** in the parking lot across from the track on Spirit Way.

**What do I wear?** Wear running shoes and comfortable, breathable running/fitness attire.

**What do I bring?** Bring a water bottle and beach towel/mat for stretching after the run. Please leave valuables in your vehicle.

**Participants under age 14 must be accompanied on all runs by an adult.**

Visit the **Training** page at [www.gulfwinds.org](http://www.gulfwinds.org) or contact Chika Okoro at [gwtc\\_coaches@yahoo.com](mailto:gwtc_coaches@yahoo.com) for more information or to volunteer