

MARATHONFEST: ADVANCED WINTER/SPRING SESSION ORIENTATION HANDOUT

“.....I have seen that in any great undertaking it is not enough for a man to depend simply upon himself.” Lone Man, Teton Sioux

WELCOME TO MARATHONFEST! Distance training is indeed a great undertaking and while you certainly can train alone, group training provides many advantages. Group training offers coaching, an enormous support system, and accountability, all of which significantly improves the success rate of participants, at an affordable price.

MarathonFest provides coaching, structured workouts, weekend pace groups, support stops, training schedules, running routes, and fellowship that is unparalleled! All participants receive a discount card to Track Shack for the duration of the training program and also have access to Florida Hospital professionals.

COMMUNICATION/INFORMATION- MarathonFest uses the Track Shack weekly email from the Program Director, the Pace Group Leader weekly email, and the MarathonFest FaceBook page as our primary modes of communication. PLEASE make sure we have your email address correct! The Mass Weekly Email from the Training Program Director provides you with important training information for each week. This email begins after the first week of training and includes the workouts for Tuesdays and Thursdays, run start locations, weekend mileage, training tips, and any schedule changes. You will also receive a weekly email from your Pace Group Leader with specific details for your weekend run after we have placed everyone in a pace group. Please take the time to READ these emails! The Pace Group Emails will NOT begin until 2 or 3 weeks into the session while we place participants, so don't panic if you do not receive a pace group email right away. Registered participants can also request to join our MarathonFest Facebook page for the latest information and updates. Please email the Program Director at susiwellness@gmail.com if you have any questions or concerns.

WEEKDAY WORKOUTS- MarathonFest weekday workouts meet on Tuesdays and Thursdays at 5AM or 6PM. Participation is highly encouraged! These workouts are NOT done by assigned pace groups, just show up to the workout that best fits your schedule that day. Tuesday is speed day with track or mile repeats and Thursday is strength day with tempo runs or hill workouts. If you are unable to attend these workouts, please make sure that you are running a minimum of 6 to 8 miles twice a week.

- Tuesday Morning Sessions: 5am – 6am Glenridge Middle School track, Orlando/Winter Park. **Arrive by 4:45am to warm up before the workout starts.**
- Tuesday Evening Sessions: 6pm – 7pm Glenridge Middle School track, Orlando/Winter Park. **Arrive by 5:45pm to warm up before the workout starts!**

Please watch for other runners when stepping on or off the track. Do not wear headphones on the track. Faster runners take the inside lanes, slower runners take the outer lanes. If someone yells “Track”, it means they want to pass you- they will pass on the inside or your left.

- Thursday Morning Sessions: 5am – 6am Meet in front of Glenridge Middle School in the bus lane parallel to Glenridge Way. **Arrive by 4:45am to warm up before the workout.**
- Thursday Evening Sessions: 6pm – 7pm Meet BEHIND Glenridge Middle School in the parking lot by the basketball courts. **Arrive by 5:45pm to warm up before the workout.**

PARKING for Glenridge Middle School is available at Blue Jacket Park on General Reese Rd. and behind Glenridge Middle School, enter the parking lot from Upper Park Rd. Do NOT park on the grass along Glenridge Way.

WEEKEND RUNS- Weekend training runs build endurance by increasing mileage incrementally for the marathon or half-marathon distance. All runners are assigned to pace groups for the weekend runs. Your current training pace, fitness level, race distance, and your goal race time will help determine your pace group placement. The training pace for your weekend runs should feel COMFORTABLE. Each pace group has a Pace Group Leader that is responsible for setting the appropriate run pace, coordinating the running route to accommodate different mileage needs, sending a weekly email with details for the weekend run, and seeing to the overall needs of the pace group during the run. You will begin receiving a Pace Group weekly email AFTER the first weekend run.

WEEKEND RUN LOCATIONS-

Saturday morning runs begin from the parking lot for the Cady Way Bike Trail in Winter Park. The address is 2525 Cady Way, Winter Park 32792.

Field trips to Apopka and Clermont will be announced in the weekly email ahead of time.

Apopka Start location- 989 W. Orange Blossom Trail, Victoria Plaza, Apopka

Clermont Start location- National Training Center, 1935 Don Wickham Drive, Clermont

WEEKEND RUN START TIMES- Start time for the FIRST weekend run is 5:45am. Once everyone is placed in a pace group, start times will vary based upon mileage. Expect weekend start times between 4am and 6am.

WEATHER POLICY- Yes, we run in the rain...and the heat, the humidity, the cold, and the wind. Weather rarely deters us from a training run. Florida weather is impossible to predict; therefore, coaches wait until the last possible moment to call off a workout. Coaches will be present at each scheduled workout and determine the safety for the run at that moment. IF we cancel a run, we will post it to the MarathonFest Facebook page immediately.

RUNNING SAFETY RULES- Participants are responsible for their own safety. Participants must adhere to the following safety rules as stated by the FL Dept. of Transportation: “Where sidewalks are provided, no pedestrian shall, unless required by other circumstances, walk or run along and upon the portion of a roadway paved for vehicular traffic. Where sidewalks are not provided, a pedestrian walking or running

along and upon a highway shall, when practicable, walk or run only on the shoulder on the left side of the roadway in relation to the pedestrian's direction of travel, facing traffic which may approach from the opposite direction”.

Please run single file, facing traffic, so you can see and hear oncoming cars. Use sidewalks when and where possible. Make yourself visible- wear light colored, reflective clothing and lights. Please do not wear I-pods or headsets. You need to be able to hear traffic and your pace group leader. Be aware of your surroundings at all times. NEVER, NEVER, NEVER, EVER run alone! Obey traffic lights and use cross walks. Conceal all valuables left in your car. Keep your keys with you. Carry a cell phone, if you choose. **In the event of any emergencies, call 911.**

TRAINING SCHEDULES- All participants receive a training schedule for the races targeted during the training session. Training schedules contain our 3 weekly workouts and are a guideline for your training. This 3 day a week training schedule is adequate training for many runners to achieve their goals; however, additional mileage can easily be added to the schedule and recommendations are detailed on the training schedules.

DISCOUNT CARDS- Please pick up your Track Shack 15% off discount card at our workouts. You MUST have your card with you to receive this discount. Cards are NOT available at the store.

FREQUENTLY ASKED QUESTIONS-

Q: Can I change pace groups?

A: Yes, you can switch pace groups. Please contact me, so we can make sure you receive the Pace Group Leader's email from the group you plan to run with so you don't get left behind. Pace groups start at different times depending upon the length of the run. You must be able to stay with the pace group. Runners faster or slower than their assigned pace group will be asked to switch pace groups.

Q: It's raining. Are we having the workout?

A: Most likely, YES! Coaches will be present at every workout and assess the situation at that time. Workouts will be called off only if life-threatening dangers, such as lightning, are present at the time of the workout. If we cancel a workout, we will post it on our MarathonFest Facebook page.

Q: I need directions to the run start.

A: Check out our website at www.trackshack.com Go to training programs, then MarathonFest, and then locations...you will find the address of each start location so you can mapquest it.

Q: I can't make the weekday training sessions. What can I do?

A: The workouts for Tuesdays and Thursdays are on the training schedule so you can do the workouts on your own OR run a minimum of 6 to 8 miles on these training days.

Q: Should I run on the other days of the week?

A: Running additional days is optional and depends upon your goals and running background. Suggestions for additional runs are listed on each training schedule.

Additional Questions? Please contact me at susiwellness@gmail.com

Susan S. Paul, MS

TSF Training Program Director