



Up and Running Again ½ Marathon Class Class Outline OCRM/LBRM Fall 2022

1. Dates/Times – We will be running four days a week.
 - a. Monday – 5:30 AM
 - b. Tuesday – 5:30 AM
 - c. Thursday – 5:30 AM
 - d. Saturday – 6:30 AM

2. Training Workouts

<u>Wk</u>	<u>Beginning</u>	<u>Mon</u>	<u>Tues</u>	<u>Thurs</u>	<u>Sat</u>
1	August 1	30 minutes @ 5 min running/5 min walking and repeat twice			
2	August 8	30 minutes @ 10 min running/5 min walking and repeat- Mile Test			
3	August 15	40 minutes @ 15 min running/5 min walking and repeat			
4	August 22	50 minutes @ 20 min running/5 min walking and repeat			
5	August 29	30 min	30 min	30 min	4
6	September 5	35 min	Mile Test	35 min	5
7	September 12	40 min	40 min	40 min	6
8	September 19	40 min	40 min	40 min	7
9	September 26	40 min	40 min	40 min	8
10	October 3	40 min	40 min	Mile Test	10
11	October 10	40 min	40 min	40 min	11
12	October 17	30 min	30 min	30 min	13.1
13	October 24	Reflection			October 29th Alumni Run and Debrief

3. We will be running the Mission Inn Half Marathon on October 23, 2022.

4. Requirements

- a. Runners must sign liability and picture waiver
- b. Runners must complete application and emergency contact information

5. Program includes

- a. 12 weeks of marathon training
- b. Free running shoes (first time participants) after completing the minimum attendance **
- c. Entry into a local half marathon race. **
- d. Carb Load Awards banquet – Saturday, October 22, 2022
- e. Alumni Run and gathering Saturday, October 29th.

** Participants only. Volunteers will not be eligible for free shoes and are responsible for paying race entry fees. If discounts are available, volunteers will be eligible.