

## **2019 ALPINE RUNNERS SPRING 5K RUNNING PROGRAM**

This 8-week training program will get you from a non-aerobic fitness level of running to finishing the Arlington Stampede 5K in Arlington Heights on July 1. You can use this training program to help you build up your mileage steadily. By steadily increasing your mileage you are less likely to get injured before your race. You will be both physically and mentally stronger just knowing that you have done all the physical and mental training needed to get you through the distance of the 3.1 mile race. What better way to go through the experience than with the camaraderie of other fellow runners of your level? The experienced group leaders will guide you through your weekly group training runs as they share their experiences with you. There will be group leaders of many different speeds from a 9:00 pace per mile to the 12:00 pace per mile. Don't worry if you think you might be too slow to run with a group because you won't be. No runner will ever be left to run on his own. The group leaders are there to answer your questions and help you get through each weekly run.

To give you the opportunity to receive all the educational clinics we are offering a two hour session full of clinics on Wednesday, May 1 from 6:00 p.m. to 8:00 p.m. at Road Runner Sports, 20291 N. Rand Rd., Ste. 105, Kildeer, IL 60047. You will also have the opportunity to register and pick up your informational handouts before and during this session. The session will include clinics on Training Methods and Goals, Injury Prevention, Nutrition, Shoe Selection and Apparel, Race Day Strategy & Recovery! Our speakers are experienced runners and experts in their field.

### **Requirements:**

This is a beginning running program, there is no requirement of a fitness level of running needed. It would be to your advantage if you have been walking consistently of every other day or more for at least the previous month before the training runs kickoff. You should consult with your medical professional before attempting any physical challenge. Be prepared to run the week after the clinic so wear comfortable clothing and a good pair of running shoes!

### **You will receive:**

- Educational lectures given by runners who are professionals in their field on Training Methods and Goals, Injury Prevention, Nutrition, Shoe selection and Apparel and Race Day Strategy & Recovery
- Alpine Runners Discount at Road Runner Sports our Specialty Running Shoe Store
- 8 Tuesday and 8 Thursday evening group runs lead by friendly experienced group leaders at various paces
- 2019 \$25.00 Single Membership or \$35.00 Family Membership includes your training program with all the other club members benefits
- Become a member of the best running club you want to be a part of
- 8-week training schedule
- The opportunity to purchase Alpine Runners Technical Running Shirt of your choice
- Handouts
- Race entry is not included register now at: [www.frontierdays.org](http://www.frontierdays.org)

### **Registration and Handouts Pickup**

Register online at [www.alpinerunners.com](http://www.alpinerunners.com)

You may register and pickup your handouts at the educational training sessions on Wednesday, May 1 during the entire session. If you do not or cannot pick up your informational handouts just contact Beth to give them to you on the first Tuesday night group run.

## **Spring 5K Training Program Educational Training Session Dates and Locations**

**Kildeer** – Road Runner Sports, 20291 N. Rand Rd., Ste. 105, Kildeer, IL 60047  
Wednesday, May 1, 2019 6:00pm through 8:00pm

### **Clinic Schedule:**

6:00pm – Training Methods and Goals  
6:30pm – Injury Prevention  
7:00pm – Nutrition for Endurance Runners  
7:30pm – Shoe Selection & Running Apparel

### **Training Run Location**

**Lake Zurich** – The Barn at Paulus Park, 200 S. Rand Rd., Lake Zurich 60047  
Tuesdays 7:00p.m. May 7 thru June 25, 2019

**Barrington - Cuba Marsh**  
Thursdays 7:00p.m. May 9 thru June 27, 2019

### **Training Program Coordinator and RRCA Certified Running Coach:**

Beth Onines

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