

FALL 2014 HALF MARATHON TRAINING CLASS

A 12-week program in Jacksonville, Florida, to prepare individuals to participate in a Half Marathon in Fall, 2014.

BEGINNING DATE: Tuesday, September 9, 2014
1ST MEETING LOCATION: Town Center Store, 6:30 PM
TARGET RUN: Subaru Distance Classic 1/2 Marathon

TRAINING CLASS DESCRIPTION

The Fall 2014 Half Marathon Class is a 12-week program preparing individuals to participate in a half marathon this Fall. The class starts on Tuesday, September 9, 2014 at 1st Place Sports, Town Center Store (4870 Big Island Drive) at 6:30 PM. The class can serve as a stepping stone for those planning to complete a marathon in December or January. The target half marathon is the Subaru Distance Classic Half Marathon on Thanksgiving Day, November 27th, 2014. If not able to participate on Thanksgiving day, a good alternate half marathon would be the Jacksonville Bank Half Marathon on December 28, 2014.

YOUR RUNNING LEVEL

Most participants will progress towards completing the entire half marathon running, but others may prefer a walk/run combination to complete the race. It is recommended that you be running or walk/running two to three weeks preceding the class start date. The program will accommodate all levels of runners, so everyone is encouraged to participate in the training class. Groups will be formed to accommodate most levels, and training will be tailored to reach specific goals.

GROUP RUNS

The class will meet for group runs two times per week throughout most of the training schedule (minimum of once per week). Be prepared to train 4-5 times per week for a significant benefit. Group runs will be held Tuesday evenings at 6:30 PM to depart for a training run at 6:45 - 7:00 PM. Most of the runs will meet at the Yates YMCA in Riverside. We will meet Saturdays (7 AM) every

other weekend for a long group run in varying locations throughout the Jacksonville area: Downtown, Ortega, Orange Park, San Marco and Fleming Island. Being present at any particular training event or day is not a requirement to benefit from the class.

TOPICS TO BE DISCUSSED

Group discussions conducted most Tuesdays prior to Group Runs will cover:

- » Training Plan Development
- » Running Shoe Selection
- » Nutrition
- » Running Clothing and Specialty Products
- » Heart Rate Monitor Training
- » Cross Training
- » Night before and Race Day Preparation

TRAINING CLASS COACH

The class is conducted by John Metzgar who has led numerous classes preparing participants for distances from the 5K (3.1miles) to the Half Marathon (13.1 miles). He is an experienced runner of more than 25 years and he is a competitive local runner. In addition to John, there will be pace group leaders providing additional guidance and encouragement.

REGISTRATION INFORMATION

Registration is online at www.jtcrunning.com/ events. There are no credit/debit card fees involved online. As part of the program, you will receive a JTC Running Membership (for non-members) and a Training Group performance top.

