

Run Club + Fall 2024

September 22nd to November 16th

About Run Club+

- Do you ever dream of making it through the finish line, but don't know how to get started?
- Are you looking to get in some extra cardio in your fitness routine?
- Do you need help staying motivated to run?

If you answered yes to any of these questions, then our Running Training Program is for YOU!!!

This program is designed for any level of runner, from beginner to expert. You'll learn about the fundamentals of running including running gear, running form, injury prevention, pace, etc.

Your training plan will be customized based on where you are as a runner, currently.

Dates & Times

This session will begin on **Sunday, September 22nd** with our first group run and will conclude on **November 16th** with our participation in a community race.

Our finishing race on November 16th will be **The Novant Health Marathon**.

- Kick off will be Sunday, **September 7th at 10am** (Location upon enrollment)
- Our group runs will take place on **Sunday mornings at 8:00am**, and we will run rain or shine. Strollers are always welcome
 - The group run on Easter Weekend will be based on availability of participants.
- Our Finish Line Race will be the The Novant Health Marathon. There is a 5k, 10k, half or full marathon option – strollers welcome. You will be required to register yourself (we will create a team).
 - Race Day: November 16
 - More info: <https://thecharlottemarathon.com/>

What You Get

Run Club is an 8 week training program with everything you need to prepare for an organized run or improve your running time. Our training program will provide you with the tools you need to successfully complete your running goals.

Training Resources

Included in our running program, you will receive:

- 2 months of access to FIT4MOM Video On Demand
- Running accountability & motivation
- Weekly in-person group runs (total of 8 group runs)
- Run pace assessments
- Runner's nutrition tips

- Access to the private Facebook page to help keep you on track
- Weekly endurance challenges designed to help build muscle and speed
- Run Club+ Workbook
- Personalized goal setting with our certified Run Club+ coach
- Opportunity to run an organized run with the group

Program Overview

Each week will follow the same cadence, but build on the lessons & training from the previous week(s).

| FIT4MOM® 8-WEEK TRAINING PLAN OVERVIEW | | | | | | |
|--|-------------|-------|-------|-------------|-------|-----------------|
| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| GROUP RUN | CROSS TRAIN | RUN | RUN | CROSS TRAIN | RUN | ACTIVE RECOVERY |

(GROUP) RUN: Each week, it will be important to complete at least 4 ‘runs’. The run might be a walk, a walk/jog, a jog, or a full out run. It all counts. The specific distance and/or time, as well as the type of run (steady state, alternating, or tempo) will be provided within the specific plan you choose. Strollers are always welcome!

CROSS TRAIN: While running will be important to achieve your distance and time goal, it’s also important to add variety to your weekly training plan to keep you strong, mobile, and healthy. A good balance of functional body conditioning is encouraged on these days and your coach will provide you with additional information regarding the best cross training opportunities for you.

ACTIVE RECOVERY: Active Recovery is an important part of your overall training plan. Whether you decide to go for a long walk, practice yoga or engage in myofascial release, the Active Recovery day will help make your other run days even better!

SIGN UP