

Frequently Asked Questions about the 2011 PGRC Marathon Training Program

Q. What is the PGRC Marathon Training Program?

A. This co-ed training program begins on May 8, 2011 and ends on October 23, 2011. It is for adults of all ages and abilities. The purpose of the program is to train healthy adults to run a 26.2 mile race. In addition to completing the marathon, the program may offer to some participants the benefits of improved cardiovascular fitness, reduced adverse health factors, safe training methods, and the camaraderie of like-minded running partners.

Q. What is the program philosophy?

A. The coaches believe that training for a marathon is possible if the participants are willing and able to follow a structured program, are healthy, and are properly prepared prior to entering the training program. This program is for anyone who has the desire and the willingness to participate in a structured, group-focused training program. Participants will have to evaluate their individual fitness level and ability to participate. Every participant is encouraged to seek a medical opinion from his or her medical provider prior to registering for the program. The program is run by a group of volunteer pace leaders and coaches and cannot offer medical advice. Participants are strongly encouraged to discuss any and all medical questions with their medical provider.

For this reason, the coaches have reserved the right to refuse to coach individuals whom they believe are unsuited for running a marathon, who may be disruptive to other participants, whose pace falls slower than a 13:00 minute pace per mile, or for whom there may not be a marathon pace leader available. While there is no requirement for speed, we may not have a pace leader available to lead groups slower than 13:00 minute pace per mile.

Q. What are the criteria for enrolling in the marathon training program?

A. The Marathon Training Program is open to all members of the Prince Georges Running Club (you must be a member to join the training program). Annual Club Membership dues are \$20 individual/\$25 family/\$10 student and are valid through December, 31, 2011. In addition to being a member of the Club, the Marathon Training Program fee is \$100 (The fee does not include the entry fee to a Marathon). Members may register for the training program through May 31. **There are no refunds, regardless of the reason.**

The coaches believe that marathon participants must meet the following criteria:

- * have at least one year of solid history as a runner;
- * average a minimum of 12-15 miles per week for at least four weeks prior to the program;
- * run an average of 3 times per week
- * be able to run six miles continuously without stopping (the first run on May 8 will be 7 miles)

Q. Are there other “requirements” for the Marathon Training Program?

A. The following are requirements in addition to membership in the club and payment of the Marathon Training Program fees:

1. Participants are required to volunteer for at least one PGRC event during the course of the training program.

2. Attendance is required at the Sunday sessions; however, the coaches and pace leaders are aware that emergencies, vacations, and work commitments do come up from time to time and that an occasional missed session can occur. However, it is expected that each participant will keep absences to a minimum and make up the missed workouts on their own.

3. Weekly track workouts will be held Tuesday evenings from 6:30 p.m. to 8:00 p.m. at the University of Maryland track. Participants who cannot make the track sessions will be expected to complete the workout on their own. Other track venues may be available. Consult the PGRC website for details (www.pgrc.org)

4. Participants will sign a liability waiver and medical release and agree to abide by Program rules.

5. MP-3 players and other musical devices are prohibited for safety considerations.

6. **Financial – there are costs that the participant must bear** including (1) the cost to register for a marathon. Participants will have to find and pay for their own marathon. Pace leaders may recommend marathon races; (2) other races that pace leaders and coaches will suggest that the marathon training participant complete – these races will be used as training runs but the cost will be borne by participants; (3) purchase of properly-fitted running shoes, which can range from \$85 to \$200; (4) running clothes constructed of synthetic, breathable material which helps to wick moisture away from the skin; (5) running watch that can keep at least 30 splits (there are 26 mile splits in a marathon); (6) Each participant must carry replacement fluids, wear a fuel belt, or use a hydration system like a Camelbak. There will be no exceptions to this rule.

Q. Does the program operate in inclement weather?

A. Yes, except that training workouts are cancelled in the event of lightning or thunder. When in question participants are encouraged to check the PGRC website (www.pgrc.org) or check email messages sent directly to their group.

Q. How do I register for the Marathon Training Program?

A. If you are a PGRC club member, register online through the link at www.pgrc.org (if you are not a current club member, first you must [join the club](#)). **Registration will open on or about Wednesday, April 27, 2011. Participants will be able to join the ongoing Marathon Training Program through May 31.**

Q. How is the Marathon Training Program structured?

A. Sunday sessions will begin at 7:00 a.m. through June. Sessions will begin on time. Pace leaders will wait approximately ten minutes for participants during the first three weeks of training. In June, groups will leave at the appointed hour. Participants are expected to be on time or catch up with their pace group.

In July, as the program progresses into longer distances, the sessions may begin as early as 6 a.m. with a “staggered start time” meaning the slower pace groups will start earlier to give participants the opportunity to develop camaraderie with pace groups different from their own.

The marathon training consists of **two** structured workouts performed in a group setting: the Sunday morning long run and the Tuesday or Wednesday night track workout. The coaches are aware that in the beginning participants will not necessarily be able to run continuously for that distance and, accordingly, will build endurance with a over time. **The marathon training program is not a “walk to run” or “walk/run” program.**

The schedule will be announced in advance. Directions will be provided. Each participant will initially be assigned to a group appropriate to his/her speed and level of fitness. Attendance will be recorded. The groups will have one or more volunteer pace leaders who will guide the group during the Sunday workout. After the workout, participants will gather for group stretching. Many Sundays will include a brief but important presentation by a knowledgeable expert in the field of diet, fitness, running, nutrition, or exercise. Participants who are unavoidably absent for a session are expected to complete a training workout on their own.

A schedule of the training program, including the track workouts, will be distributed on the first day of the program.

Q. Where will the sessions be held?

A. This year, the Marathon Training Program will have at least two alternating sites – (1) Greenbelt- leaving from the Atlanta Bread Company (adjacent to Beltway Plaza), and (2) Bowie- leaving from Panera Bread (in Vista Marketplace). Additional locations may be added during the program.

Q. Who runs the Program?

A. The Prince Georges Running Club (PGRC) is a volunteer organization for runners affiliated with the Road Runners Club of America (RRCA). The coaches and pace leaders are volunteers and many are certified through the RRCA. The two head coaches for the 2011 Marathon Training Program are Lydia Shell, PGRC President and Valerie Grasso, PGRC Training Coordinator and a certified running coach.

Q. Will I stay in the same pace group for the duration of the Marathon Training Program? Can I opt to change groups?

A. At registration, participants will be asked to supply a finish time for a 10k or longer race completed within the last year. If you have not run a 10k or longer race in the past year, please

do so as soon as possible, and send your result to the coaching team. This finish time will be used to assign participants to the appropriate pace group.

Each week the coaches will meet to discuss each participant's progress. Participants may be assigned to different groups based on an assessment by the coaches. Any participant that has questions or concerns is encouraged to discuss these with the pace leader or coaches.

Q. I have other questions not covered by this information sheet. I'd like to speak with the PGRC Training Coordinator.

A. Contact the Training Coordinator at training@pgrc.org.