

FALL 2009 HALF MARATHON TRAINING CLASS

A 10-week program in Jacksonville, Florida, to prepare individuals to participate in a Half Marathon in Fall, 2009.

BEGINNING DATE: Tuesday, July 21, 2009

1ST MEETING LOCATION: 1st Place Sports, San Marco Store

TARGET RUN: Jacksonville Marine Corps Half Marathon

▶ TRAINING CLASS DESCRIPTION

The Fall 2009 Half Marathon Class is a 10-week program preparing individuals to participate in a half marathon this Fall. It will serve well as a stepping stone for those wishing to complete a marathon in December or January of next year. The target half marathon is the Jacksonville **Marine Corps Half Marathon** scheduled for October 3rd, 2009. Other possible Jacksonville area half marathons include: The Outback Half Marathon on Thanksgiving Day and the Jacksonville Bank Half Marathon in December of 2009. Most of the 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/walking two to three weeks preceding the class start date.

▶ YOUR RUNNING LEVEL

The program will accommodate all levels of runners, so everyone is encouraged to participate in the training classes. Groups will be formed to accommodate most levels, and training will be tailored to reach your specific goal.

▶ GROUP RUNS

The program will consist of 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, meeting at 6:30 PM to depart for a training run at approximately 6:45 (normally downtown in the Riverside or San Marco areas). We will meet either Saturday or Sunday (mostly Saturdays) at approximately 8:00 AM for a group run in varying locations throughout the Jacksonville area: Downtown, Ortega, Orange Park, San Marco, Fleming Island and Jacksonville Beach. Class leaders will also be available most Wednesdays and Thursdays during local group runs in the Orange Park area. Being present at any particular training event or day is not a requirement for benefitting from the class.

▶ TOPICS TO BE DISCUSSED

Group discussions 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 and participated in numerous classes preparing people for distances from the 5K (3.1 miles) to the Half Marathon (13.1 miles). He is an experienced runner of more than 20 years and is one of the area's top runners. In addition to John, there will be other **JTC Running** members utilized as group leaders that will assist in providing pacing, instruction and encouragement.

