



2017 Spring 10K Training Program

The 10K program is intended to extend the running range of registered participants from a base distance of 2 - 3 miles to a long run of 6.2 miles in just 10 weeks. The training program begins on Tuesday April 11, 2017 and has as its goal preparing registered participants so they can complete the Annapolis Striders Dawson's Fathers Day 10K (6.2 miles) on Sunday, June 18, 2017.

When & Where:

1. Organized Training Sessions supported by coaches and mentors will be held on:
Tuesdays at 6 pm, and
Saturdays at 8 am.
2. On Tuesday evening, the Training Group will meet adjacent the B&A Trail at the [Jones Station Road Severna Park, Park & Ride](#) located at 25 Jones Station Road West, across from the Rite Aid Pharmacy.
3. Saturday morning sessions will be held at different locations in the area. From the list of locations at the end of the announcement we will confirm the weekend location based on the distance required in the training plan, the expected group size, and the anticipated weather conditions.

The Training Program Includes

1. A Training plan with suggested distances and intensity levels.
2. Organized structured runs with on-course hydration (Gatorade and Water) on routes of incrementally increasing distance, and varying contour and pace.
3. From coaches, mentors and invited professionals from the community, information on; the training program, injury prevention, running safety, nutrition and hydration, equipment, clothing, and recommendations and advice on improving your fitness and performance.
4. 10K Training Program shirts will be provided to those who attend at least 15 of the 20 organized training sessions.
5. The training, support and guidance to successfully prepare participants for a 10K race.

Prerequisites, Policies, and Recommendations

1. **Prerequisite:** All participants must be a member of the Annapolis Striders. A \$25 annual membership can be obtained or renewed online at www.active.com
2. **Recommendation:** Participants in the 10K training program should already be able to run continuously for 2-3 miles.
3. **Policy:** You must be at least 19 years old to register yourself.
4. **Policy:** You must be the parent or legal guardian to register someone under 18 years old. By registering a child under 13, you are consenting to the collection of the child's information you are providing for the purposes of registration.

5. **Policy:** The Annapolis Striders provides support for participants in its training programs. The coaches and mentors, and amount of on-course hydration support is established and intended for registered participants.

Training Program Registration Instructions

1. Join the Annapolis Striders at www.active.com
2. Complete the 10K Training [online registration form](#) (parents must sign waiver for participants under 18).
- 3.

For More Information Contact

Michael Myers, Coach
Steven Cooper, Coach
David Dolb, Coach

[Annapolis Striders Vice President of Training](#)

Program News and Updates

Keep track of program updates and get in on the discussion on our [Facebook page](#).

Goal Race

The Annapolis Striders Dawson's Father's Day 10K (registration not included in training program). The course is flat – run primarily on the B&A Trail - beginning and ending at Severna Park High School. Participation in this run is not required in order to complete the training program.

A note from the Coaches

We are looking forward to another successful season of running with an enthusiastic group of athletes who want to improve their fitness or simply reach a new goal. The Annapolis Striders extended its training program to include a 10K Group 15 years ago and since expanded that to 10K programs in both the spring and fall.

We'll have three or four coaches who will lead the 10K Training Program as well as support from a number of veteran runners who will mentor you and your fellow runners, help the coaches out with logistics, or simply join us for an evening or Saturday AM run. While coaches will do our best to address your individual training needs and to help you excel if that is a goal, our focus is to educate, train and prepare the group for the Dawson's Father's Day 10K Run.

The 10K class is usually comprised of; runners who recently completed a Couch-to-5k program; runners who routinely run 2-3 miles for general fitness but want to increase their distance to the 10K mark once or twice a year; runners looking for a stepping stone program to a Half Marathon; youth participating in track and field or cross country at their school, and occasionally; a runner or two who simply want to improve their speed.

Saturday Locations

On Saturdays for our Long Run we will introduce you to a variety of running locations beyond the B&A Trail, our bread and butter training venue. We will try to solidify the Saturday schedule before the season kicks off; however, we will confirm each week on the Spring 10K FaceBook Page as to when and where each Saturday run will occur. Some of the locations we're considering are as follows (Linked to Google Maps):

Area	Venue (with Google Maps Link)	Address
1.1	BWI Trail - Lindale Middle School	415 Andover Rd, Linthicum Heights, MD 21090
1.2	BWI Trail - T. A. Dixon Jr. Observation Area	1911 Dorsey Rd, Glen Burnie, MD 21061
1.3	B&A Trail - Marley Station Mall	Marley Station Mall Parking Lot behind Ruby Tuesday, 7900 Governor Ritchie Hwy, Glen Burnie
2.1	Kinder Farm Park	1001 Kinder Farm Park Rd, Millersville, MD 21108
2.2	B&A Trail - Severna Park High School	60 Robinson Rd, Severna Park, MD 21146
2.3	B&A Trail behind Naval Bagel at Arnold Station	1460 Ritchie Hwy #112, Arnold, MD 21012
3.1	Annapolis City Dock	Dock St, Annapolis, MD 21401
3.2	Bates Middle School	1 Carraway Ln, Annapolis, MD 21401 Parking Lot for Bates Middle School
3.3	Brigade Sports Complex to Greenbury Point	64 Greenbury Point Rd, Annapolis, MD 21402
3.4	Quiet Waters Park	600 Quiet Waters Park Rd, Annapolis, MD 21403 Parking in Grumps Parking Lot
3.5	World War II Memorial	1920 Governor Ritchie Hwy, Annapolis, MD 21409

Area 1 is north of Route 100 and has three routes oriented around BWI Airport and Marley Station Mall. Area 2 has several routes along the 9 mile stretch of Ritchie Highway from Arnold Station to Jumpers Hole Road between Route 50 and Route 100. Area three includes venue scattered about Annapolis proper southeast of Route 50.



