



## 2017 Fall 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 8 weeks. The training program begins on Tuesday September 26, 2017 and has as its goal preparing registered participants so they can complete the Annapolis Striders Cold Turkey 10K (6.2 miles) on Sunday, November 19, 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 26 September, the Training Group will initially meet adjacent the [B&A Trail at Arnold Station](#) located at 1460 Ritchie Hwy #112, Arnold, MD 21012, behind Naval Bagels. We'll run from there on September 26<sup>th</sup> when the sun sets before 7PM. On the seven Tuesday's in October and November we'll meet at Parking Lot B at the rear of the Anne Arundel Community College Campus under the Solar Panels.



3. Saturday morning sessions will be held at different locations in the area. Each Tuesday from the list of locations at the end of the announcement we will confirm the following weekend

location based on the distance required in the training plan, the expected group size, and the anticipated weather conditions. Updates will be posted on the [10K Facebook Page](#).

### 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 possibly invited professionals from the community, we'll provide 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. A 10K Training Program premium will be provided to those who attend at least 12 of the 16 organized training sessions.
5. The training, support and guidance to successfully prepare participants for a 10K race.
6. We will train according to a [10K Training Plan](#) that you can download print and use, or fill out on your PC using Excel where weekly and monthly mileage totals are updated automatically.

### 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](http://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](http://www.active.com)
2. Complete the 10K Training [online registration form](#) (parents must sign waiver for participants under 18).

### For More Information Contact

Anne Knab, Head Coach  
Michael Myers, Coach  
Amy Adams

[Annapolis Striders Vice President of Training](#)

### Program News and Updates

Keep track of program updates and get in on the discussion on our 10K Training [Facebook page](#).

### **Goal Race**

The Annapolis Striders Cold Turkey 10K (registration not included in training program). The course is mostly flat – with some slow rollers through neighborhoods in Odenton. 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 Cold Turkey 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 and the AACC Campus, our bread and butter training venues. We will try to solidify the Saturday schedule before the Tuesday session each week; 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	<a href="#">BWI Trail - Lindale Middle School</a>	415 Andover Rd, Linthicum Heights, MD 21090
1.2	<a href="#">BWI Trail - T. A. Dixon Jr. Observation Area</a>	1911 Dorsey Rd, Glen Burnie, MD 21061
1.3	<a href="#">B&amp;A Trail - Marley Station Mall</a>	Marley Station Mall Parking Lot behind Ruby Tuesday, 7900 Governor Ritchie Hwy, Glen Burnie
2.1	<a href="#">Kinder Farm Park</a>	1001 Kinder Farm Park Rd, Millersville, MD 21108
2.2	<a href="#">B&amp;A Trail - Severna Park High School</a>	60 Robinson Rd, Severna Park, MD 21146
2.3	<a href="#">B&amp;A Trail behind Naval Bagel at Arnold Station</a>	1460 Ritchie Hwy #112, Arnold, MD 21012
3.1	<a href="#">Annapolis City Dock</a>	Dock St, Annapolis, MD 21401
3.2	<a href="#">Bates Middle School</a>	1 Carraway Ln, Annapolis, MD 21401 Parking Lot for Bates Middle School
3.3	<a href="#">Brigade Sports Complex to Greenbury Point</a>	64 Greenbury Point Rd, Annapolis, MD 21402
3.4	<a href="#">Quiet Waters Park</a>	600 Quiet Waters Park Rd, Annapolis, MD 21403 Parking in Grumps Parking Lot
3.5	<a href="#">World War II Memorial</a>	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.

