

# 5K Training Group

*Formally known as the Boot Camp for Runners*

Welcome to the **5K Training Group**. My name is TJ Cutchins. I am a member of Gulf Winds Track Club, the sponsor of this training group. If you have any questions about running, or this training group, feel free to ask me or any of the coaches anytime during this 7-week session. You can e-mail me at [gwtc\\_coaches@yahoo.com](mailto:gwtc_coaches@yahoo.com)

The goal of the 5K Training Group (5K TG) is to have fun, improve fitness, and complete the Tails & Trails 5K race on May 2, 2009. Prerequisites for this group are that you are injury free and a waiver form is required to participate with the 5K TG. There is no fee to participate with the 5K TG. You are responsible for submitting your own race entry fee and form.

## **Schedule**

We will meet every Thursday at the Miccosukee Greenway Park at the Thornton Street entrance for 7 weeks, starting **March 19, 2009** and ending **April 30, 2009**, from 6:00 p.m. to 7:00 p.m. If you follow the training plan that is provided for you, then you will be able to complete the 5K distance by the end of the course. On the last Thursday, April 30, 2009, we will run a quick 2 miles and have a little party. Our graduation race is the **Tails & Trails 5K /10K** held on May 2, 2009 at Tom Brown Park.

## **Equipment**

What to bring/wear to running class: Sunscreen & bug spray, good running shoes and socks, water bottle, sports drink (optional – we'll have drinks available) and a sports watch (optional).

## **Weather**

We will meet under all weather conditions including cold, rain, wind, heat, etc. but not in dangerous conditions such as a lightning storm. In case of severe weather, we will cancel the group and meet the following week. If we have to cancel, you should continue to follow the training schedule as closely as possible for the remainder of the week.

## **Safety**

**Each participant is responsible for his/her own safety.** Maps of the Greenway will be posted before our runs. Please take time to look at the maps and familiarize yourself with the Miccosukee Greenway. I highly recommend you run with a buddy. Try to avoid running the trails alone. We will never cross any major road. All of our running takes place on Miccosukee Greenway.

As always please consult your personal physician before starting any exercise regiment.

Hope to see you at the Greenway.

Happy Trails!