



2021 Beginning Running Group

September 22nd - November 10th 2021
Group meets on Wednesdays at 6:00PM

at the FSU track (Mike Long track), part of the McIntosh Track & Field facility
on the corner of Spirit Way & Chieftain Way

Want to start a steady running routine?
New to running (or getting back into it) and need some motivation to
stick with it? Want to complete a 5k?

Join us to get tools, training, and support to build your endurance
and complete a 5k (3.1 miles)!

Cost? Free for GWTC members and the community!

Visit www.gulfwinds.org to join the club or renew membership, then register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the [Training](#) section

Parking? Use campus parking garage at the corner of Stadium Drive & Spirit Way **or** the parking lot across from the track on Spirit Way.

What do I wear? Wear running shoes and comfortable, breathable running/fitness attire.

What do I bring? Bring a water bottle and beach towel/mat for stretching after the run. Please leave valuables in your vehicle.

Not too late to join in!

October 3rd distance: 1.5 miles
October 10th distance: 1.75 miles
October 17th distance: 2 miles

3 groups available each Wednesday:

• **Run-Walk-Run**

Training Week 1 started with a 1 minute run:1 minute walk – or 1:1 ratio – for 1 mile. Each week, the number of minutes running increases as the goal distance steps up (i.e. 1:1 for 1 mile, 2:1 for 1.25 mile, etc). These runners progress toward continuously running 3 miles by the 8th week.

• **Run-Walk Only**

These runners complete the goal distance each week using a set 1 minute run:1 minute walk ratio. This won't change from week to week (i.e. Week 1 is 1:1 for 1 mile, Week 2 is 1:1 for 1.25 mile, etc).

• **Running**

These runners progress toward running 3 miles continuously with little to no walking by the 8th week. They will increase running distance by ¼-mile each week, without taking a walk break if possible, adding roughly 2 to 3 minutes to their running endurance per week.

Participants under age 14 must be accompanied on all runs by an adult.

Visit the **Training** page at www.gulfwinds.org or contact Brandy Fortune at gwtc_coaches@yahoo.com for more information or to volunteer