



2023 Beginning Running Group

September 20th - November 15th 2023
Group meets on Wednesdays at 6:00PM

at the **Korean War Memorial at Cascades Park (1001 South Gadsden)**

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.

Visit www.gulfwinds.org to register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the [Training](#) section. Consider joining the club or renewing membership while visiting the site.

Parking? Parking is available at many locations throughout the area

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.

• **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 and Elizabeth Kamerick at gwtc_coaches@yahoo.com for more information or to volunteer