



2010 Flying Feet Running Programs



Need more information? Contact Dave Griffin at dpqflyingfeet@aol.com or 410-857-4974

General Information – The Flying Feet Running Programs are designed to support runners of all levels.

BEGINNERS – Those who are just starting to run and those who have been running less than one year will benefit from the structured, supportive environment. Beginners also benefit from the support of fellow participants, which helps them sustain the motivation to continue.

INTERMEDIATE – Runners who have been running for a year or more will find the guidance needed to improve. Those in this category have already found that they enjoy running, but can benefit from the structure of a well coached program. Prudent guidance is offered to help maintain consistent improvement and avoid injury.

ADVANCED – Runners who have been running for several years and are hoping to reach long-term running and racing goals will benefit from the well planned and implemented training cycles and structured workouts.

Program Philosophy – While the program is designed to help participants reach running goals (whether related to fitness or competition), the focus of the program is to improve the quality of lives through the many benefits running offers.

2010 Programs – During 2010, four specific programs will be held. Participants can choose a single program or continue from one program to the next. Those who continue for multiple programs will receive personal guidance both during and between programs.

Winter Program – 9 weeks, beginning December 28, 2009 and ending February 28, 2010

Spring Program - 12 weeks, beginning March 15, 2010 and ending May 30, 2010

Summer Program – 9 weeks, beginning June 14, 2010 and ending August 15, 2010

Fall Program – 12 weeks, beginning September 6, 2010 and ending November 28, 2010

Group Runs – During each program, group runs and workouts are held at locations in and around Westminster, Maryland. Specific dates, locations and times are provided well in advance.

Personal Guidance – Each participant of will receive a personal running schedule based on his or her specific goals and experience. Personal coaching is provided during group runs and through email.

Send form and registration fee to – Dave Griffin, Flying Feet, 55 Bonfire Ct., Westminster, MD 21157. Please indicate the program that you are initially registering for.

[] Winter, \$70 [] Spring, \$100 [] Summer, \$70 [] Fall, \$100. (Note - A \$25 discount per program is offered for additional members of the same household. Checks should be made payable to Flying Feet.)

Name _____ Sex _____ Age _____

Phone Number _____ Email _____

Address (incl. city, zip) _____

Read Carefully – In consideration of your acceptance of my application for participation, I hereby, for my heirs, my executors, administrators and assignees, and myself waive, release and forever discharge Flying Feet Running Programs, LLC, and all coaches and sponsors of all claims, damages, demands, and actions whatsoever in any manner arising out of my, or my child's, participation in this program.

Participant Signature (Parent if under 18)

Date

Flying Feet Running Programs – 2010 Program Structure

Summary – The 2010 Flying Feet Running Programs are designed to provide flexible support to runners of all levels, from those just beginning (even those who have never run before) to those with varying degrees of running experience. For those who participate for extended periods, the program is built around six-month cycles, so that the best training results can be achieved. During each cycle, participants may choose a running schedule based on their current fitness, running experience and goals. These schedules are categorized as follows: **BEGINNER** - Those who want to begin running and those who have been running for one year or less, **INTERMEDIATE** – Minimum of one year of participation in Flying Feet or an equivalent running program, **ADVANCED** – Minimum of two years of participation in Flying Feet or an equivalent running program.

The Schedules – There are nine running schedules to choose from and runners are encouraged to choose one based on the levels described below. Because there are optional runs, and runs are measured by time rather than distance, there is ample flexibility for participants to assure the schedule will suite their personal preferences and schedules.

Beginner Schedules – These schedules are designed to help a participant transition from a new or casual runner to one who has successfully made running a part of their life. It can be used to transition from walking to running and it can also be use to help a new runner prepare for a successful 5K. There is also a beginner half marathon schedule for relatively new runners who want to try a half marathon for the first time.

Intermediate Schedules – These schedules are designed for those who have been with Flying Feet (or a similar running program) for a minimum of one year. Participants can choose the schedule based on their target race distance - (1) 5K / 10K (2) 10 mile / half marathon and (3) marathon.

Advanced Schedules – These schedules should only be used by runners who have a minimum of two years experience with Flying Feet (or a similar running program). Participants can choose the schedule based on their target race distance - (1) 5K / 10K (2) 10 mile / half marathon and (3) marathon.

Structure of Training - If a participant completes an entire training cycle in preparation for a target race, he or she will go through six phases of training. Each phase incorporates training elements specific to the phase, and each phase helps participants successfully prepare for the next phase. While participants will receive direction on using the schedule they choose, below is a general example of how the schedules incorporate these phases.

26-Week Training Cycle Description			Weekly Running During Each Phase					
Training Phase	Number of Weeks in Phase	Ideal Timing	# of Standard Runs	# of Long Runs	# of Light Quality	# of Hard Quality	# of Optional Std Runs	Total Runs Each Week
REST	3	Dec. / June	0	0	0	0	3	0-3
BUILDING	5	Jan. / July	3	1	0	0	1	4-5
SUSTAINING	4	Feb. / Aug.	2	1	1	0	2	4-6
STRENGTH	5	Mar. / Sept.	1	1	1	1	2	4-6
ENDURANCE*	5	Apr. / Oct.	1	1	1	1	2	4-6
PEAK	4	May / Nov.	2	0	1	0	2	3-5

*Participants with racing goals will enter endurance phase 7-9 weeks prior to their target race date.

Group Runs and Workouts – While standard and optional runs are done on your own, group runs and workouts will be offered for long runs, light quality and hard quality runs.

Personal Coaching – Coach Dave Griffin provides direction to each participant based on the preferences of each individual. This includes assistance with goal setting and planning, selecting the appropriate schedule, modifying the schedule as needed and direct support, feedback and encouragement.