



Train for the Daffodil Run 5k!

Saturdays, 8-9am

Starts Feb 22

Let's train together for the Daffodil Run! The Daffodil Run is a 5k (3.1 miles) in Amherst on Sunday, April 26. Runners of all speeds and experience levels are welcome to participate, including beginners or those who have not run in a while. All you need is a pair of running shoes and a willingness to run outside in variable weather, which is much more fun with a group! Participants in this 10-week program will meet weekly to run outside; our location may vary depending on weather, but half the runs will be in the Hadley/Amherst area, and half will explore other beautiful places to run in the Valley.

Through this program runners will

- Try a variety of training runs, from steady distance runs to hill workouts and interval training; we will also complete a practice run together of the Daffodil course
- Learn more about dynamic stretching, foam rolling, and rope stretching
- Complete strength training especially important for injury prevention
- Improve running efficiency through form drills and plyometrics
- Receive a training calendar that will take runners from zero miles to 3.1 miles over 10 weeks
- Share training and racing tips
- Help motivate and support each other to achieve training goals
- **FREE** entry into the Daffodil Run
- Have lots of fun!

Example Week-by-Week Overview of the Program

(this may vary depending on weather and run location)

Week 1 Feb 22:

- Welcome and Introductions
- Warm up and intro to dynamic stretching and foam rolling
- 1-2 mile run or walk/run
- Three strength exercises specifically for runners
- Stretch

Week 2 Feb 29

- Warm up and dynamic stretching

- Running form tips and drills
- 1.5-2 mile run or walk/run
- Rope stretching and core strengthening all together

Week 3 March 7

- Warm up and dynamic stretching
- 1.5-2.5 mile run or walk/run
- Workshop: proprioception and balance strength training
- Rope stretching and foam rolling

Week 4 March 14

- Warm up and dynamic stretching
- 1.5-2.5 mile run or walk/run with speed workout and plyometrics for all levels of runners
- Stretching and foam rolling

Week 5 March 21

- Warm up and dynamic stretching
- 2-3 mile run or walk/run
- Core and hamstring strength training
- Stretching and foam rolling

Week 6 March 28

- Warm up and dynamic stretching
- Hill workshop and hilly run or run/walk
- Stretching and foam rolling

Week 7 April 4

- Warm up and dynamic stretching
- 2.5-4 mile Fartlek run or run/walk
- Core strength training and stretch

Week 8 April 11 - meet in Amherst

- Warm up and dynamic stretching
- Preview run of the Daffodil 5k course
- Race pacing and other tips for racing well

Week 9 April 18:

- Dynamic warm up and stretch
- Run or run/walk 2.5-3.5 miles
- Tips and strategies for race day eve and morning

Week 10 Sunday, April 26:

- Daffodil Run 5k in Amherst at 10:15am!