



Foundations Run/Walk **April 2 – June 26 or July 2** **Summer 2016** **KICK-OFF PARTY!**

Foundations Run/Walk, Definition:

To build the foundation of our best life by enjoying walking & running outside, without injury, in an ever-growing supportive & active community.

7:45am 8:00am Sign in

- #1** Sign In & give any notes you would like Coach Flo & ambassadors to know
- #2** Sign up for your Goal Setting Session and/or register
- #3** Take a Bingo Card & Pen
- #4** Make a bib name tag at your seat & make sure to bring it back at the end!
- #5** Get to know at least 3 new people by playing Foundations Bingo

8:00- 8:10am Bingo

8:15am- 8:40am Welcome & Program Overview!

Expectations: What to expect in Summer 2016 Foundations Run/Walk

- Practice Schedule & Expectations Weds: 6pm-7:15pm, Sat: 8am-10am
- Workshop Series on Saturday mornings
- Newsletters

Training Peaks

- Sign In/Log In
- Sign up for Training Peaks
 - Big Picture – Time vs. Distance – your choice!
 - Rest Week, Taper Week, PDF vs Training Peaks, Colors on Training Peaks
- Ways to Access Training Peaks – phone, email, and computer
- Updating your workouts – Red, Yellow, Green
- Goal Races – Her Madison Half & 5k on June 26 or Eagle Chase on July 2
- **Create your account by 12pm on Sunday, April 3rd to receive next week's training plan!**

Equipment: 15% Team Discount at Endurance House & for Capitol View Events races!

- **Shoes:** Personalized Movement Profile for quality shoes with an Endurance Consultant
- **Apparel:** Dress for 15 degrees warmer. Start cool & let yourself warm up!
 - Accessories not to forget ! (Pack a running bag to avoid forgetting anything.)
 - Reflective gear, headlamp, shoes, socks, extra outfit,
- **Foam Roller:** You will be expected to foam roll at every practice
- **Technology:** You are in charge of your own workout intervals. Make sure you have the equipment that makes sense for your needs. Would you prefer to use:
 - A GPS watch?
 - Garmin Forerunner 10 or 15 are strongly recommended
 - Simple to use
 - Intervals
 - GPS
 - Cell phone app? Map My Run or RunKeeper are options, Run Zombie, etc.
 - Interval watch if you are only going by time

8:40-9:00am Interactive Demonstration of Dynamic Stretches & Core Form
with Corey Digman from Digman Fitness



Core Work: 15-30 second planks
Right, Left & Straight on
Modify as needed – on forearms, on palms, on knees or on toes

Foam Rolling: Try out a foam roller or Addaday Roller

Static Stretching: Check out the Static Stretching List on the table and do stretching in small groups when you get back from your workout

9:00- 9:30am Warm-Up, Shake-out Walk, Run/Walk, Run

Find your starting challenge point on the PLE scale - level 5 or 6. Check your breath!

Notes:



**Greenway Station 1661 Deming Way #154
Middleton, Wisconsin 53562
tel: 608.836.9084
www.endurancehousemiddleton.com
email: coachflo@endurancehouse.com**