

Kingdom Running Club (KRC)

Marathon Program

Description Overview

- 9 Month challenging training program designed to train people who have never run before to run a marathon (26.2) or half marathon (13.1).
- Members are **strongly** urged to seek medical advice before starting any physical training program
- We meet every Saturday for both in-class and on the road training.
- 2 Months in-class training sessions cover mind renewal, nutrition, fitness/strength training, gear and more.
- The 2 Months of in-class training takes place in Children's Gym and online via Zoom.
- In-Class sessions meet for 3 hours. But, there are some classes that are a little longer (those will be announced).
- In-Class sessions start at 7:30 am and end at 10:30 am. There will be some early start days at 7:00 am or 6:30 am.

7 Months of on the road training consists of your weekly long runs, opportunities for speed training and chi training.

- On the road meeting times are: as early as 6:00 am; as late as 7:30 am; with an average meeting time of 6:30 am..
- Additionally, it is expected that you will work out 5/6 days a week on your own; this includes 2 mid-week short runs and one long run on Saturdays.
Note: training for this will be provided.

- Members can not miss more than 3 consecutive classes to remain an active KRC member (i.e. 3 consecutive weeks of classes).

- Races- You are responsible for your own race registration:
 - o Chicago Marathon is closed; Naperville half marathon is open now go to www.runnaperville.com/; Fox Valley Marathon is open go to www.foxvalleymarathon.com

- You will need to purchase running shoes an estimated 3 pairs for running.
- **You will need to purchase a watch.**
- You will need to purchase running clothes.

