

9 Levels of Training

Beginner level of 4 days per week starting with 10 minutes of running and working up to 30 minutes
Training set up for Mon-Tue-Thu-Fri and make up days (or off) Wed-Sat-Sun.

Level #430- 4 days per week/30 minutes average over 8 weeks.

Level #445- 4 days per week/45 minutes average over 8 weeks.

Training set up for Mon-Tue-Thu-Fri and make up days (or off) Wed-Sat-Sun.

Level #530- 5 days per week/30 minutes average over 8 weeks.

Level #545- 5 days per week/45 minutes average over 8 weeks.

Level #560- 5 days per week/60 minutes average over 8 weeks.

Training set up for Mon-Tue-Thu-Fri-Sat and make up days (or off) Wed-Sun.

Level #630- 6 days per week/30 minutes average over 8 weeks.

Level #645- 6 days per week/45 minutes average over 8 weeks.

Level #660- 6 days per week/60 minutes average over 8 weeks.

Training set up for Mon-Tue-Wed-Thu-Fri-Sat and make up day (or off) Sun.

How To Join

Choose from any one of the 9 levels explained on the left.

Mail the \$35 registration fee (\$25 each if more than one family member). **Sylvania Striders tech T-shirts included!**

This entitles you to a:

- Structured 8-week training schedule.
- Log chart to record your training runs.
- Certified coaches out running the trails with the Striders.



Training on the soft surface trails help prevent common running injuries often associated with hard surfaces.

Contact Information

Coach David Briggs
dbriggs@sylvaniaschools.org
419-508-9735

Coach Jerry Flowers
jerry.flowers.cc@gmail.com
419-569-0377

“Too many runners do not see the value of summer training. I benefited from summer training as a high school and college CC & track athlete. The Sylvania Striders summer running group allows area athletes to meet and train together, enabling runners of all competitive levels to improve and succeed through a developmentally appropriate training system.”

Mr. Matt Geha/Former McCord Teacher/Principal Springfield Schools State Champion/All-American Runner

“The single most important aspect of being a successful high school cross country runner is the work you put in during the summer.”

Mr. Jon Monheim/Northview HS Teacher /State Champion Coach

“Running Sylvania Striders gave me the strength I needed at the end of every season and I had a great advantage over the runners who did not train over the summer.”

Meredith Wagner/Sylvania Northview 2009 State CC Champion Division I

“Striders has been an integral part of nearly every successful distance runner in this tradition-rich community. The club is informal in nature and takes a low key approach that isn’t intimidating for beginners. A good way to meet future teammates in an informal setting.”

Ross Deye/Club Founder State Champion Coach

PRESENTING THE 33rd SEASON OF *Sylvania Striders*

Distance Running Club



Who? Any junior high or high school age athlete who wants endurance training for fall Cross Country, soccer or other sports.

When? June 9th – August 1st
(8 weeks) Monday to Friday
at 8:00 a.m.

Where? Behind Stranahan Elementary
3840 N. Holland-Sylvania
Road

*Run the shaded trails of
Wildwood Metropark during the
coolest time of the day!*

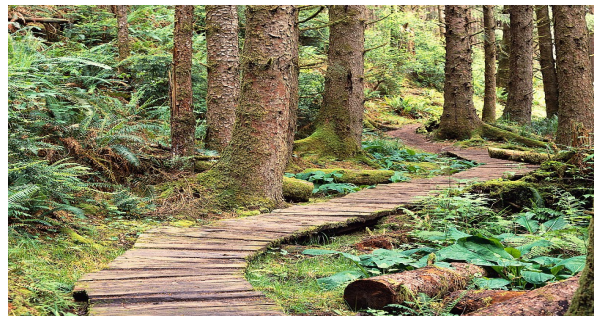
Important Facts

The training is simplistic in design, thus easy to follow if you are on vacation or cannot run until later in the day.

You may change training levels if your original choice is not what you wanted.

Don't hesitate to contact one of the coaches for assistance in choosing the best level of training.

The Striders do not formally meet on the weekend even though some levels of training require weekend running. Many runners organize a time to meet on their own.



Try to determine *prior* to June 9h which level of training is:

- 1) appropriate for your current level of fitness. **400 levels are appropriate for Jr. High**
- 2) manageable and achievable given your summer schedule and other activities.

Clip and mail prior to 6/9 or bring on 6/9

Name _____ Phone # _____ School attending fall 2014

Address _____ City _____ Zip _____

Email address _____ Circle shirt size YL S M L XL

All Strider coaches are certified in Sports-Related First-Aid Training. However, it is the responsibility of athletes (or their parents if under 18 years of age) to obtain a physical exam prior to a training program such as that provided by Sylvania Striders. While not required, it is recommended.

Parent's Signature _____
Required

Make checks payable to:
Sylvania Striders

Mail registration to:

Sylvania Striders
3731 Bowen Rd
Toledo, OH 43613