

Sauganash Striders

running club founded by Coach Murphy

Winter 2021 Running January 1st - February 28th 2020

This session provides the seasoned runner the opportunity to maintain a running fitness through the winter season. The workouts will be a mix of tempo runs, fartlek runs, hill training, trail running and recovery runs. The purpose is to provide runners with a consistent and solid fitness base going into the track season. The workouts will focus on run endurance through distance and some hill workouts. Runners will be expected to complete provided core and run specific strength workouts at home on off days.

The expectation is that the runner has a running season or so under their belt and can run continuously for about 15 minute to 20 minutes.

The practices will be broken into a middle school and a high school group

Practices will be held rain/snow or shine. Make sure you dress appropriately and in layers as we will be running in cold weather and maybe with a little bit of snow on the ground. We will NOT run if the conditions are icy or dangerous. . Please bring water bottle and wear running shoes .

Email contact: julian.murphy@comcast.net

Fee: \$225 per runner

WINTER SESSION Practices:

Friday January 1st 10:00-11:00am(BH)

Sunday January 3rd 10:00-11:00AM (BH)

Tuesday January 5th 4:00-4:50 PM (NP)

Thursday January 7th 4:00-4:50 pm (NP)

Saturday January 9th 10:00-11:00am(MC)

Wednesday January 13th 4:00-4:50 PM (NP)

Saturday January 16th 10:00-11:00am(BH)

Sunday January 17th 10:00-11:00AM (MC)

Tuesday January 19th 4:00-4:50 PM (NP)

Thursday January 21st 4:00-4:50 pm (NP)

Saturday January 23rd 10:00-11:00am(BH)

Wednesday January 27th 4:00-4:50 PM (NP)

Saturday January 30th 10:00-11:00am (MC)

Sunday January 31st 10:00-11:00AM (BH)

Tuesday February 2nd 4:00-4:50 PM (NP)

Thursday February 4th 4:00-4:50 pm (NP)

Saturday February 6th 10:00-11:00am (BH)

Wednesday February 10th 4:00-4:50 PM (NP)

Saturday February 13th 10:00-11:00am(MC)

Sunday February 14th 10:00-11:00AM (BH)

Tuesday February 16th 4:00-4:50 PM (NP)

Thursday February 18th 4:00-4:50 pm (NP)

Saturday February 20th 10:00-11:00am(MC)

Wednesday February 24th 4:00-4:50 PM (NP)

Saturday February 27th 10:00-11:00am (MC)

Sunday February 28th 10:00-11:00AM (BH)

Practices will be held at: (**BH**) **Bunker Hill Forest Preserve** - Entrance is on Caldwell avenue at Tonty Avenue and (**NP**) **Norwood Park** on Avondale ave (we meet on the cinder path track just Northwest of Hurlbut street. Norwood Park is lighted at sunset). **Devon/Bryn Mawr trail (DV)** - we meet at the intersection of Thome and Kostner. This is the backup weekday location as trail is cleared of snow. **Montrose/Cricket Hill (MC)** - We will have a couple practices here but this will also be a backup location for longer runs on weekends if there is a lot of snow on the ground. The lakefront path is kept clear of snow regularly.