

# 2015 DRC Summer Training Programs

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## Summer Bridge Program

- Purpose: To help you carry over fitness gained during spring training through the Texas summer and into Fall Training. This program is different from our other programs in that there will not be any specific workouts or training toward any specific goal race(s).
- Format: All Saturday runs will be from the DRC Clubhouse. On the Tuesday runs, you will have the option to run at either White Rock Lake on pavement or Norbuck Park on a natural-surface trail. At each run, runners will divide into pace groups and run between 30-60 minutes on Tuesdays and 45-90 minutes on Saturdays.
- Day/Time:
  - Saturdays at 6:00 a.m.
  - Tuesdays at 7:00 p.m.
- Location:
  - Saturdays at the DRC Clubhouse
  - Tuesdays at the DRC Clubhouse (pavement)
  - Tuesdays at Norbuck Park (natural-surface)
- Start: May 9, 2015
- Duration: 13 weeks
- End: July 28, 2015
- Cost: \$25.00/member

## Summer Fast Track Training Program

- Purpose: To help runners improve speed, strength, and efficiency.
- Format: Structured workouts on Tuesdays and Thursdays administered by one of our RRCA-certified coaches.
- Start: May 12, 2015
- Duration: 12 weeks
- Ends: July 28, 2015
- Cost: \$40.00/member

## El Scorcho / La Scorchita Training Program

- Purpose: For those training for the *El Scorcho 50K* and *La Scorchita 25K*
- Format: Pace groups running scheduled distances
- Day/Time/Location:
  - Saturdays at 6:00 a.m. at the DRC Clubhouse
  - Tuesdays at 7:00 p.m. at Norbuck Park
  - Friday 6/19, 6/26, and 7/3 at 10:00 p.m. at the White Rock DART station
- Start: May 9, 2015
- Duration: 11 weeks
- End: July 14, 2015
- Cost: \$40.00/member



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## Summer Mile 0 Beginner Training Program

- Purpose: To help new or newly returning runners learn to train and complete a 5K race in a fun, social, non-competitive atmosphere. We want to educate and encourage new runners to train effectively and adopt a more active lifestyle.
- Format: Begins with walking, gradually adds running intervals, and then builds up to 3-mile runs or longer. Group runs will help participants stay accountable and motivated by others going through a similar experience.
- Day/Time:
  - Saturdays at 7:00 a.m.
  - Tuesdays at 7:15 p.m.
- Location: DRC Clubhouse
- Start: May 16, 2015
- Duration: 12 weeks
- End: July 28, 2015
- Cost: \$40.00

## Summer Run 2.0 Intermediate Training Program

- Purpose: For runners who have just completed the Mile 0 program or who have already completed a 5K, it aims at building a runner's endurance to complete a faster 5K or to increase racing distance.
- Day/Time:
  - Saturdays at 7:00 a.m.
  - Tuesdays at 7:15 p.m.
- Location: DRC Clubhouse
- Start: May 16, 2015
- Duration: 12 weeks
- End: July 28, 2015
- Cost: \$40.00/member

## Summer Youth Program

- Purpose: For junior high and high schools students ages 12-18 that participate in school track and cross-country programs, it aims at sharpening and building fitness over summer vacation to provide a head start for the upcoming racing season.
- Day/Time/Location:
  - Tuesdays at 7:00 p.m. at Germany Park
  - Thursdays at 7:00 p.m. at Norbuck Park
  - Saturdays at 7:00 a.m. at Norbuck Park
- Start: June 13, 2015
- Duration: 8 weeks
- End: July 28, 2015
- Cost: \$50.00/member

## Early Marathon Training

- Purpose: For those training for late October or early November marathons (Chicago, Marine Corps, or NYC), after the end of the season, runners may continue to train with the Fall Training program until the Dallas Marathon at no additional cost.
- Format: You will train in groups based on fitness level and will perform the scheduled workouts.
- Day/Time/Location:
  - Saturdays at 6:00 a.m. at DRC Clubhouse
  - Tuesdays at 7:00 p.m. at various locations depending on the workout
- Start: June 13, 2015
- Duration: 21 weeks
- End: November 1, 2015
- Cost: \$60.00/member



# Which program(s) should I register for this summer?

