

# 2020 Peninsula Flyers-North Distance Running Program (updated 9/20/20)



**(2020 Fall session: September 16, 2020- October 31, 2020)**

## HOW TO SIGN-UP:

- 1) Become a member of USATF [LINK](#):** Join or Renew your individual USATF membership (\$25 per Calendar year)
  - Be sure to “affiliate” your USATF membership with the Peninsula Flyers Club (CA # 38-0506)
- 2) Peninsula Flyers Team Club Website [LINK](#):** Need to complete these forms for membership and waiver sign-off (you’ll need a USATF Membership # to sign-up during this process). -Once this application process is completed, an invoice will be sent to you for the monthly fee of \$26.50 (\$25.00 + \$1.50 processing fee); you can use your credit card for this and arrange timing for re-occurring billing. **IMPORTANT: All PF-North application forms and first month’s payment must be processed to attend your first practice session!**
- 3) Review and Agree to the following Safety Protocol for every practice:** To participate with the Peninsula Flyers-North Distance Running Club, every athlete and adult needs to comply to the following check-in procedure, rules and policies to ensure we are following the local SoCo Health Policy guidelines (next page):

## WHEN AND WHERE ARE WE RUNNING? (8 Training Groups, this release updated 9/20/20)

Training Groups (as of 9/20/20)	Training Group Members (Lead for coordinating group schedule in bold font) <small>non-PF Club members in red font</small>	Mon	Wed	Fri	Sat	Weekly Mileage
Boys Group #1	<b>Jacob D, Noe V,</b> Simon P, Oswald R, Adam M, Jack V	5:50-7:45 am (Channel)	7:30-10:00 am (TBD)	6:30-8:00 pm (TBD)	6:15-8:15 am (Donohue's)	50-65
	Tues/Thu OYO recovery run 6-8 miles	Richardson 3:00 ups/2:00 standing rest or option 3.5-5.0 mi steady tempo	1600m tempo w arm-up, then 1K repeats at 3mi goal pace+ (1K progression: 3X>4X>5X>6X>6X) OK to substitute 800m/similar volume for variety	6-8 x 50m accelerations > Plyos > Bleachers	OD Run 10-14 miles	
Boys Group #2	Dante B, Logan D, Jason P, <b>Bryce L,</b> Kyle H, Harper M, Alexis L	6:30-8:00 am (Channel)	6:30-8:00 am (TBD)	6:30-8:00 am (TBD)	7:00-9:00 am (Donohue's)	35-45
	Tues/Thu OYO recovery run 4-6 miles	3-4 mi tempo at 6:00 ± :10 (progression 3>3.5>4>4>faster>3.5)	1600m tempo w arm-up, then 1K repeats at 3mi goal pace+ (1K progression: 3X>4X>5X>6X>6X) OK to substitute 800m/similar volume for variety	6-8 x 50m accelerations > Plyos > Bleachers	OD Run 8-10 miles	
Boys Group #3	<b>Jon D,</b> Benji C, Noah V, Sean G	6:00-7:30 pm (Channel)	6:30-8:00 am (Faith Luth. Church)	4:00-5:30 pm (TBD)	7:00-9:00 am (Donohue's)	45-55
	Tues/Thu OYO recovery run 5-7 miles	3-4 mi tempo at 6:00 ± :10 (progression 3>3.5>4>4>faster>3.5)	1600m tempo w arm-up, then 1K repeats at 3mi goal pace+ (1K progression: 3X>4X>5X>6X>6X) OK to substitute 800m/similar volume for variety	6-8 x 50m > tag 400m > Plyos > Bleachers	OD Run 9-12 miles	
Boys Group #4	<b>Jack G,</b> Nicholas G, Max L, Gavin N, Alex B, Grant S, Isaiah F, Gabe S, Bobby S	6:30-8:00 am (Channel)	6:30-8:00 am (Faith Luth. Church)	6:30-8:00 am (Faith Luth. Church)	7:30-9:00 am (Park Trail)	25-35
	Tues/Thu OYO recovery run 4 miles	1600m tempo w arm-up, then 800m repeats at 2 mi goal pace+ (800m progression: 4X>5X>6X > faster)	2.5-3.5 steady tempo (Progression 2.0+1.0>2.5>3.0>3.5)	Spring Lake: 5 x 50m > 5x :06-:07 fast hills > Plyometrics	OD Run 6-9 miles	
Girls Group #1	<b>Nicole M, Ashley B, Hannah C,</b> (Lucy G?)	6:30-8:00 am (Channel)	6:30-8:00 am (TBD)	6:30-8:00 am (Park Trail)	7:30-9:00 am (Park Trail)	40
	Tues/Thu OYO recovery run 4-6 miles	3.5-4 mi tempo at 6:35 ± :10 (progression 3.5>4>4>faster>3.5>4)	1600m tempo w arm-up, then 1K repeats at 3mi goal pace+ (1K progression: 3X>4X>5X>6X>6X) OK to substitute 800m/similar volume for variety	Spring Lake: 5 x 50m > 5x :07-:08 fast hills > Plyometrics	OD Run 9-12 miles	
Girls Group #2	Carmen J, <b>Avery H,</b> Ella C, Ally G, Ella D, <b>Brooke C,</b> Rebekah T, Josephine R, Ally G	6:30-8:00 am (Channel)	6:30-8:00 am (Faith Luth. Church)	6:30-8:00 am (Faith Luth. Church)	7:30-9:00 am (Park Trail)	30-40
	Tues/Thu OYO recovery run 4-6 miles	3-4 mi tempo at 6:30 ± :10 (progression 3.5>4>4>faster>3.5>4)	1600m tempo w arm-up, then 1K repeats at 3mi goal pace+ (1K progression: 3X>4X>5X>6X>6X) OK to substitute 800m/similar volume for variety	Spring Lake: 5 x 50m > 5x :07-:08 fast hills > Plyometrics	OD Run 8-12 miles	
Girls Group #3	Gracie T, <b>Isabella M,</b> Mia C, Sarah K, Leyna G, Lily C, Kira M, Ella J, Nola M	6:15-7:30 am (Channel)	6:30-8:00 am (Faith Luth. Church)	6:30-7:30 am (Faith Luth. Church)	7:30-9:00 am (Park Trail)	30-35
	Tues/Thu OYO recovery run 4 miles	1600m tempo w arm-up, then 800m repeats at 2 mi goal pace+ (800m progression: 4X>4X>5X>5X>6X)	2.0-3.5 steady tempo (Progression 2.0+1.0>2.5>3.0>3.0>3.5, then go faster)	Spring Lake: 5 x 50m > 5x :07-:08 fast hills > Plyometrics	OD Run 6-9 miles	
Girls Group #4	<b>Myrea H,</b> Reese K, Catherine L, Nora T, Sara R, Saryn K	6:30-7:30 am (Channel)	6:30-8:00 am (Faith Luth. Church)	6:30-8:00 am (Faith Luth. Church)	7:30-9:00 am (Park Trail)	20-25
	Tues/Thu OYO recovery run 3-4 miles	800m tempo w arm-up, then 400m repeats at 2:00 (400m progression: 4X>6X>6X>8X>8X)	2.0 steady tempo (Progression 2x1.0+1.0>2x1.5+1.5>2.0)	Spring Lake: 5 x 50m > 5x :07-:08 fast hills > Plyometrics	OD Run 4-7.5 miles	

# FALL '20 PF-NORTH CHECK-IN PROCEDURE

(every day, for every runner and every coach/adult helping)



- 1) **FACE COVERINGS:** Each runner or adult helping must show-up with their own face covering (covering nose and mouth); if you have no face covering, you will NOT be allowed to participate! Face coverings are to be worn:
- Upon arrival to practice
  - During Check-In process
  - When doing warm-up drills (i.e. walk lunges)
  - During non-active breaks for workouts (i.e. standing breaks/resting periods for intervals)
  - During low-effort drills or conditioning (i.e. core exercises, or station strength training work)
  - Anytime while congregating before, during, after practice session
  - **IMPORTANT:** Face coverings not required to be worn during running, but each runner or coach needs to have a face covering on them when running (preferably a “neck buff” or “neck gaiter”) and pull-up when encountering anyone in public where the 6’ social distance cannot be maintained.

- 2) **WATER BOTTLES:** Every athlete if bringing a water bottle to practice, is required to have their own individually labeled water bottle.

- 3) **DAILY CHECK-IN PROTOCOL:** Every runner/adult helping with practice will be checked-in every day as follows:

- a. Temperature checked via a non-contact thermometer and get a dab of hand sanitizer.

**IMPORTANT:** If any runner shows a fever (above 100.4°F or 38°C) a second reading will be done in 10 minutes and if the second reading still indicates a fever, that runner will not be allowed to practice until cleared by a physician.

- b. Verify an 11 item symptom checklist for themselves and for their household. (1) Taken Fever-reducing medication for a fever, (2) Fever above 100.4°F, (3) Body Chills, (4) Sore Throat, (5) Persistent Cough, (6) Pain / Difficulty Breathing Shortness of Breath, (7) Loss of Taste or Smell / Unexplained Headache, (8) Extreme Level of Fatigue, (9) Body / Muscle Aches (not from running), (10) Change of Vision / Eye Discharge, (11) Diarrhea.

**IMPORTANT:** If any runner answers “yes” to any symptom check question (for individual/household), they will not be allowed to practice until cleared by a physician.

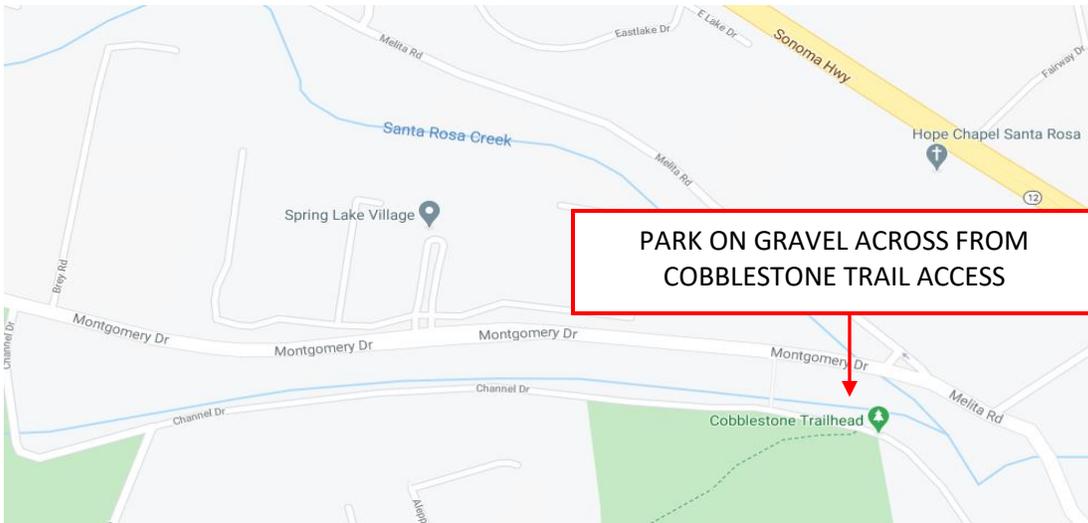
- c. When not running, runners will be expected to wear their face covering while at practice.

**IMPORTANT:** If any runner does not wear their face covering not observing social distancing practices, they will not be allowed to practice and if reoccurring, may be subject to not practicing with the team for an extended period of time based on Coach Greg’s discretion when required at practice, they will not be allowed to practice.

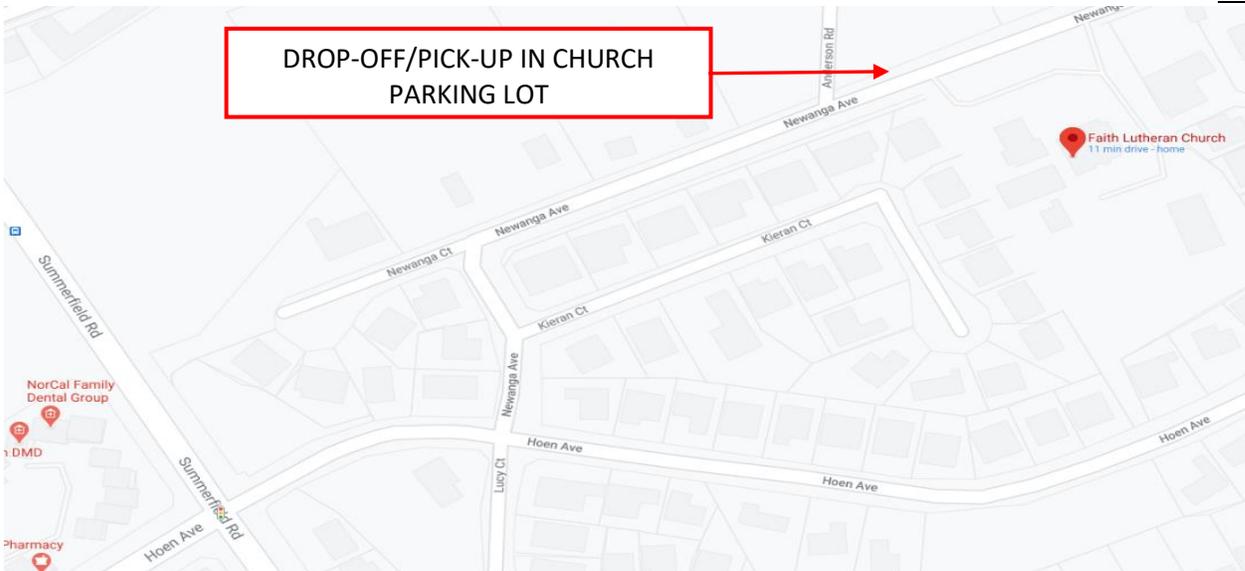
**IMPORTANT:** If any runner/adult confirms they have tested positive for COVID or someone in their household has tested positive for COVID, they will not be allowed to practice and everyone in their immediate training group will be quarantined for a minimum of 14 days and not allowed to join practice until cleared by a physician, with proof of a negative COVID test.

**IMPORTANT:** If there are more than 2 separate positive COVID events during any PF-North training session, this program will be shut-down.

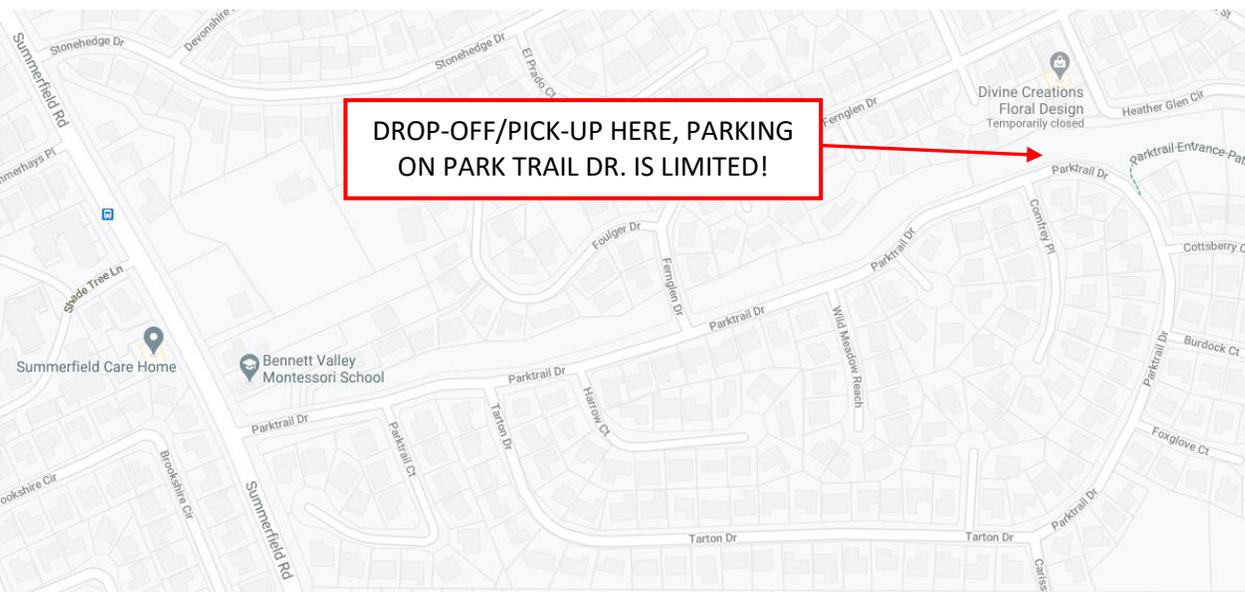
**...WHERE DO WE MEET FOR RUNS?**



**Mondays at Channel Drive:**  
Driving East on Montgomery Drive, take a right turn on Channel Dr. and follow ~.5 miles to gravel parking lot on north side of Channel (~.5 miles from Ranger Station)



**Wednesdays and Fridays at Faith Lutheran Church (4930 Newanga Ave):**  
Going South on Summerfield Road, take a left on Hoen, then another immediate left on Newanga Ave., Church entrance is ~1/4 mile ahead on the right.



**Saturdays at Park Trail**  
(across from 4836 Park Trail Drive): Driving South on Summerfield, take a left on Park Trail and drive ~1/2 mile to stop sign; meeting place is ahead near the creek on the left.

...Need more info? Contact Greg Fogg, [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) or Mobile: (707) 291-2967