

What do I get?

- Three training levels based on experience and goals
- An experienced, supportive coach
- Daily training schedule (Lydiard-based)
- Fully supported long runs and medium long runs
- Flexible registration options to best fit your schedule
- 15% Discount at Rogue Equipment on all shoes, apparel and accessories
- Access to FREE running-specific core classes
- Injury prevention seminars & Advanced Rehab onsite
- Trigger Point equipment at training location
- Nutritional information
- Rogue-branded technical tee
- Fun, friendly running community

How much experience do I need to participate in marathon training?

We require that you be comfortable with a 5-7 mile long run and at least 18 miles per week.

How many days should I train?

The more often you meet with a group, the more consistent you will be! We recommend signing up for three days if possible, but understand that some schedules do not allow it. You may choose the best combination for you:

One day: You will meet for the weekday quality workout OR the Saturday long run only.

Two days: You will meet for the weekday quality workout AND the Saturday long run.

Three days: You will meet for the weekday quality workout, the medium long run AND the Saturday long run.

- **Quality Workout:** The weekday quality workout will be held at the time/location you sign up for (Downtown, Anderson, Cedar Park), and will focus on building strength, speed and hill running skills, depending on the current phase of the training schedule. You will meet with your coach and group on this day.
- **Medium Long Run (MLR):** The MLR is a key component of any training schedule, and you may choose to attend a supported run (maps, water stops and a coach) on your MLR day. If your quality workout is on Tuesday, your MLR will be held on Thursday. If your quality workout is on Wednesday, your MLR will be held on Monday.
- **Long Run:** Long runs are held on Saturday mornings at either Rogue downtown or our Cedar Park location (your choice). The long runs are fully supported, which means that maps, water stops and coaches along the route are provided. Your coach may not be present at the long run every week, but several coaches will always be on hand. *Please note that long run start times will likely be adjusted to 5:30am for runs over 18 miles to account for traffic/heat.*

How long do classes take?

It depends on the program phase and the distance scheduled. Quality workouts generally take anywhere from 1-2 hours, and weekend long runs will range from 5 miles at the beginning up to 24 miles at the peak – the length of time depends upon your pace. You will be expected to stretch, cool down and utilize foam rollers/ Trigger Point equipment, so account for these things as well.

How do I know what to do on the other days?

Once you sign up, you will be able to log in to our website and see your daily training schedule posted in your “locker room.” This calendar will be viewable up to four weeks at any point.

How do I know if I should follow the Level I, Level II or Level III training schedule?

If you’ve never run a marathon before we recommend that you start with Level I, but in the end it all comes down to mileage. Beginners will run 4 days/week and eventually move to 5; intermediates will run 5 days/week and advanced will run 6. Be honest with yourself in what you can commit to, and don’t try to jump into Level III long runs if you’ve only been running 4 days per week – this is a perfect way to get injured! It’s usually best to start on the conservative side; your coach can help you decide if you should move up a level.

Does the program fee cover race entry?

No, the program fee only covers the training program. You will need to take care of race registration on your own.

Where do we meet?

Your weekday quality workout will meet at the location you registered for – either Rogue downtown, Anderson High School or Cedar Park.

Medium Long Runs will be offered at Rogue Downtown (Monday/Thursday 5:30am and 6pm) and Anderson HS (Monday 6pm only). Please see program listing for details.

Weekend long runs begin at Rogue downtown or at our Cedar Park location (your choice!).

Core classes meet at Rogue downtown: Monday at 6:45p, Thursday at 6:45p and Sunday at 5p

Locations:

Rogue Downtown
500 San Marcos St.
Austin, Tx 78704

Rogue Cedar Park
2800 Whitestone Blvd.
Cedar Park, Tx 78613

Anderson High School
8403 Mesa Dr.
Austin, Tx 78759

2011 Fall M	1 workout per week
Race date	Coupon Code
Sept 25th	1sept25m
Oct 2nd	1oct2m
Oct 9th (Chi)	1oct9m
Oct 16th	1oct16m
Oct 23rd	1oct23m
Oct 30th (MC)	1oct30m

Nov 6th (NY)	1nov6m
2011 Fall M	2 workouts per week
Race date	Coupon Code
Sept 25th	2sept25m
Oct 2nd	2oct2m
Oct 9th (Chi)	2oct9m
Oct 16th	2oct16m
Oct 23rd	2oct23m
Oct 30th (MC)	2oct30m
Nov 6th (NY)	2nov6m
2011 Fall M	3 workouts per week
Race date	Coupon Code
Sept 25th	3sept25m
Oct 2nd	3oct2m
Oct 9th (Chi)	3oct9m
Oct 16th	3oct16m
Oct 23rd	3oct23m
Oct 30th (MC)	3oct30m
Nov 6th (NY)	3nov6m