

What do I get?

- Elite level training experience based on your goals
- An experienced, supportive coach
- Daily training schedule
- Fully supported runs 3 days a week
- Flexible registration options to best fit your schedule
- Discounts 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
- Coaches attend one race a season with the athletes
- Team Rogue focus on one Race Event each season to make for a real team environment
- Fun, friendly running community

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

We require that you be comfortable with a 10 mile long run and at least 25 miles a week. Team Rogue athletes typically run paces between 2:45 and 4:15 for a marathon. Team Rogue focuses on Marathon training, Half marathon training and 10k/5k training depending on the season.

How many days should I train?

Team Rogue meets 3 times a week. Saturday's for the long run, the other two days a week depend on the time of year. Usually there is a medium long run and a quality workout.

- **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, waterstops 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.

How long do classes take?

It depends on the program phase and the distance scheduled. Quality workouts generally take anywhere from 1.5-2 hours, and weekend long runs will range from 6 miles at the beginning up to 28 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 how many miles a week I should run?

You should have a conversation with your coach before making a decision. Most athletes in Team Rogue run between 50-80 miles a week.

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?

Team Rogue meets downtown at either Rogue Equipment training room or at Barton Springs pool.

Weekend long runs begin at Rogue downtown unless otherwise announced. Please keep track of start times and locations by checking the website.

Please note that long run start times will likely be adjusted for runs over 18 miles.