

What do I get?

- An experienced, supportive coach
- Daily training schedule
- Fully supported long runs and quality workouts
- 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 tips provided at class
- Nutritional information throughout class
- Rogue-branded technical tee
- Fun, friendly running community

How much experience do I need to participate in a trail program?

We require that you be comfortable with a 5 mile long run and at least 15 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 two 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.

- **Quality Workout:** The weekday quality workout will be held at the time/location designated that week 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.
- **Long Run:** Long runs are held on Saturday mornings at designated locations around town. The coach will bring water for the start/finish but you will need to provide water bottle to carry it for you run. First couple weeks will work on trail orientation but part of the trail experience is learning how to navigate. Trails will not be marked so you will need to pay attention early on so you feel comfortable knowing where you are. The majority of the trails are within the city and close to neighborhoods.

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 5 miles at the beginning up to 24 miles at the peak – the length of time depends upon your pace.

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.” You can post questions on the forum to connect with other runners to meet up on the other days of the 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?

The group meets on trails around downtown Austin, mostly. It's important to keep up with the weekly calendar and forum to find out where you are meeting, because these locations change.

What equipment do I need for this class?

Runners in a trail class must bring either a hand held water bottle or a runner's hydration pack. Although water will be provided it is important in case you get lost to have at least 10 ounce of water. Depending on the time of year runners will also want to have a head lamp in case of dusk or early morning runs. It is suggested but not mandatory that runners also invest in a pair of trail shoes. Trail shoes have rock plates in the bottom to protect their feet from the rocky surfaces and they are more durable for the type of surface you will be running.