

# Kingdom Running Club (KRC) Program Description Overview

- 9 Month challenging training program designed to train people who have never run before to run a marathon (26.2) or half marathon (13.1).
- Members are **strongly** urged to seek medical advice before starting any physical training program
- We meet every Saturday for both in-class and on the road training.
- 2 Months in-class training sessions cover scripture, nutrition, fitness/strength, gear and more.
- The 2 Months of in-class training takes place in Room 163 at LWCC.
- In-Class sessions meet for 3 hours. But, there are some classes that are a little longer (those will be announced).
- In-Class sessions start at 7:30 am and end at 10:30 am. There will be some early start days at 7:00 am or 6:30 am.
- 7 Months of on the road training consists of your weekly long runs or speed training.
- On the road meeting times are: as early as 4:00 am; as late as 6:00 am; with an average meeting time of 5:00 am.
- Additionally, it is expected that you will work out 5 days a week on your own; this includes 2 mid week short runs. Note: training for this will be provided.
- **Members can not miss more than 3 consecutive classes to remain an active KRC member (i.e. 3 consecutive weeks of classes).**
- Races- You are responsible for your own race registration:
  - Chicago Marathon is closed; Rock n Roll is open now go to [www.rocknrollmarathon.com](http://www.rocknrollmarathon.com) or you can see KRC team leader for registration information during class; Naperville half marathon is open now go to [www.runnaperville.com/](http://www.runnaperville.com/)
- You will need to purchase running shoes an estimated 3 pairs for running.
- **You will need to purchase a watch.**
- You will need to purchase running clothes.

