

Kingdom Running Club (KRC) Program Description Overview

- 9 Month challenging training program designed to train people who have never run before to run the Chicago Marathon (26.2 miles).
- 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 ½ Months in-class training sessions cover scripture, nutrition, fitness/strength, gear and more.
- The 2 ½ Months of in-class training takes place in the Annex at LWCC.
- In-Class sessions meet for 2 hours. But, there are some classes that are a little longer (those will be announced).
- In-Class sessions start at 8:00 am and end at 10:00 am. There will be some early start days at 7:00 and 7:30 am.
- 6 ½ Months of running on the road: consisting of your weekly long runs, short runs, and speed training.
- Meeting times are: as early as 4:00 am; as late as 6:00 am; with an average meeting time of 4:00 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).
- You must register and pay for the Chicago Marathon preferably before April (estimated cost \$135.00). Cost for half marathon registration is approximately \$80.00. Payment should be made by July.
- You will need to purchase running shoes (3 pairs) and gear for running.
- You will need to purchase a watch.

