

Course: 5k/10k Race Training – ACT 163
Location: Fitness & Recreation Center (FRC) Gym #3
Days and class time: M/W/F – 8:10-9:00am (8/29-11/7)

Instructor: Seth Donahue, MS
Current Masters Student
University of Montana
PJW Education Building 010
Seth.donahue@umontana.edu
208-760-7268

Overview: This class is for the recreational runner looking to race a 5k and/or 10k race. We will focus on a mixture of training techniques including light jogging and interval type workouts. This class will also include supplemental exercises such as core strengthening, plyometrics, speed and strength exercises, and stretching. Runners are encouraged to run or walk at an easy pace outside of class to increase aerobic capacity.

Objectives: Participants will set and achieve personal running and racing goals. Each runner will learn basic training principles and improve cardio-respiratory fitness.

Requirements: **Attire:** Workout clothes. Suggestions include shorts, t-shirts, sweats, etc.
Running shoes are necessary! Please come dressed to run outside unless otherwise instructed, **REGARDLESS OF WEATHER.**

Attitude: Come with a positive attitude, ready to workout. |

Grading/Attendance: All students are allowed 6 hours of absences during the semester without jeopardizing their credit. All absences count as such, even if for documented medical illness/injury, family emergency, sleeping in, missing class to study for a test, University of Montana sponsored events, personal days not recognized by UM, or staying out too late the night before. In other words, **WE DO NOT EXCUSE ABSENCES FOR ANY REASON. It is strongly recommended that students plan ahead and save their 6 hours of allowed absences for minor illnesses or other unexpected events that may occur during the semester.** Missing 7 or more hours will result in a grade of “NCR” (No-Credit). Due to the large number of ACTivity Classes and limited facility availability **we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).**

Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent for that hour. Students should plan accordingly to meet these requirements. ACTivity Class Instructors have the independent authority to allow their **entire class** no more than 5 minutes of flexibility at the beginning OR at the end of class, depending on the course constraints.

Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) and cannot complete the minimum participation and attendance requirements, the ACTivity Class Director will assist the student with class withdrawal or work with the student to complete a "Petition to Extend Allowed Absences". Students should consult their instructors immediately if they have special needs related to their attendance. **Petitions to Extend Allowed Absences are not permitted after the last instructional day prior to finals week**, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at;

http://coehs.umt.edu/departments/hhp/activity_classes/petition/default.php

A note from the Curry Health Center or other medical provider that serves as documentation that a student missed class due to a minor illness or routine appointment will NOT be considered an "excused" absence. It is still an absence and will count towards the 6 hours of allowed absences each student receives for the semester. Students cannot petition to extend absences when missing a single ACTivity Class for any reason. Missing a single ACTivity Class will count towards the 6 hours of allowed absences each student receives for the semester.

Accommodations:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H²PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710;www.umt.edu\eo

Safety:

Let Seth know if you have any preexisting injuries or if you are pregnant. Immediately report any in-class injuries to Seth. Listen to your body and go at your own pace.

Very Tentative Semester Schedule: ***This schedule may be modified to fit the unique qualities of this class!

Mondays: Supplementary exercises, technique work, drills, easy run, circuit training

Wednesdays: Medium-length jog/run

Fridays: Hills, intervals, tempo runs

Week 1 – Introduction to the course, attendance policy, facility and class rules, safety considerations, equipment, GOAL SETTING, etc. Instruction of proper warm-up/cool-down routines.

Week 2 – 5k TIME TRIAL, Base building with supplemental training instruction. **Week 3** – Continue base building with one marathon pace tempo run.

Week 4 – Beginning of threshold training.

Week 5 – Continue base building.

Week 6 – Continuation of Week 5 training and introduction of speed intervals.

Week 7 – Adding some faster repetitions onto training and increasing threshold training. **Week 8** – Continuation of week 7.

Week 9 – Continued training, focusing on speed.

Week 10 – Fun run week! And FINAL 5K TIME TRIAL! |