

2025 SUMMER TRAINING PROGRAM

ADMIN		
Deposit	\$100/season	Covers: - Equipment replacement - Travel expenses
TRAINING GROUPS		
SENIOR I June 16 - August 17, 2025		
Senior I	\$250/month*	12-20 sessions/month
		5 in-person coached training sessions/week 1-3 solo runs/week 2-3 solo cross training sessions/week (if needed or desired)
See "Training Group Descriptions" for details and prerequisites		
SENIOR II June 16 - August 17, 2025		
Senior II	\$165/month*	8-12 sessions/month
		3 coached training sessions/week 1-2 solo runs/week (if needed or desired) - For rising 8th and 9th graders only
See "Training Group Descriptions" for details and prerequisites		

* Cost cannot be prorated month-to-month (e.g. payment for June and August training, but not July, due to absence for all of July). *

** There will be no refunds due to athletes' schedule conflicts **



WEEKLY TRAINING SCHEDULE

DAY	LOCATION	TIME	MODE
SENIOR I [June 16 - August 17]			
Mon - Fri	Carderock Rec Area	7:00 - 9:00 AM	Run + Strength & Mobility
Sat	Solo Runs	--	Run + Strength & Mobility
SENIOR II [June 16 - August 17]			
Tues Thurs Fri	Carderock Rec Area	7:00 - 9:00 AM	Run + Strength & Mobility
Mon/Wed/Sat	Solo Runs or Other Activity	--	Run + Strength & Mobility

Practice times may change depending on inclement weather. All athletes/families will be notified via email by 6:00 AM if there is a change

TRAINING LOCATION

CARDEROCK RECREATION AREA

9500 Macarthur Blvd
Bethesda, MD 20817



PREREQUISITES

Senior I

Athletes must meet the following minimum requirements:

- Run for at least **10 minutes** without stopping
- Meet required minimum age standards (*see Training Group Descriptions*)
- Own properly fitted running shoes
- Own a training watch that can keep time and splits (*see Gear List*)
- Waiver and medical release signed by a doctor and legal parent/guardian
- Have a desire to become a better athlete in the discipline of distance running

Senior II

Athletes must meet the following minimum requirements:

- Run for at least **5 minutes** without stopping
- Meet required minimum age standards (*see Training Group Descriptions*)
- Own properly fitted running shoes
- Own a training watch that can keep time and splits
- Waiver and medical release signed by a doctor and legal parent/guardian
- Have a desire to become a better athlete in the discipline of distance running

CONTACT

Feel free to contact Ryan Marklewitz with any questions about the program:

RMARKLEWITZ@RUNELEMENTPERFORMANCE.COM



TRAINING GROUP DESCRIPTIONS

SENIOR I - Endurance Training for High School Athletes

The Senior group is a training group designed for high school athletes who have experience with distance running and are looking to take their training to the next level, are using distance running as a means of conditioning for another sport, or are getting started with distance running but want to start in a structured environment.

Athletes in this group are willing to commit to honing their skills by increasing their knowledge of distance-specific technique, skills, and strategies. Technical training pervades all aspects of training and will involve mastering proper running mechanics, correctly utilizing race strategies, and actively promoting overall joint/muscle health through prehabilitation.

Running training is periodized to promote aerobic endurance, lactate tolerance, and speed. Weekly training sessions will include long runs, progressive tempo runs and fartlek runs, as well as race interval work.

Athletes are also expected to complete a solo run on the weekends which is pushed directly to athletes virtually by Coach Marklewitz. Athletes will also be expected to do prescribed prehabilitation exercises on their own (as needed) as well as cross training at least twice per week. These workouts are designed for each athlete individually in order to meet each athlete's goals and abilities.

Athletes in this group will be challenged with in-person strength, mobility, and core training every day designed to further strengthen muscular endurance and power production. In strength training, emphasis is placed on stability, balance, posture, and running-specific muscular strength.

Athletes will be expected to compete or time trial at least twice during the season in order to measure their own progression and challenge themselves against other athletes in the group.

* REQUIREMENTS FOR SENIOR I

- *Training watch that can keep time and splits*
 - *Any watch with a stopwatch feature is perfect!*
 - *For a more advanced watch, the Garmin Forerunner 245 and up are great!*
 - *Garmin Heart Rate Strap (Soft strap or HRM) optional*
- *Properly-fitted running shoes*
- *Access to indoor running alternatives (Elliptical and/or treadmill)*
- *Access to a pool (Indoor or outdoor) and/or spin bike*
- *Access to a weight room or weights (optional)*

* PREREQUISITES FOR SENIOR I

- *Must be able to run for 10 minutes continuously without stopping*
- *Must be at least a rising 9th grader*

SENIOR II - Endurance Training for 13-14 year old and Multisport Athletes

Senior II is designed for rising 8th and 9th grade athletes who are interested in trying and exploring their potential as a distance runner, and multisport athletes who are using distance running as a means of conditioning for another sport.

Athletes in this group are willing to commit to discovering and working towards their potential by increasing their knowledge of running technique and skills. Emphasis is placed on aerobic endurance, stride stability, proper running mechanics, race strategy, and overall joint/muscle health through prehabilitation and strength. There is also a heavy emphasis on learning the vocabulary associated with distance running, gaining a working knowledge of energy zones, and learning how to appropriately pace a training session based on that session's goals.

There are three in-person training sessions per week. Weekly training sessions will include long runs, circuit training, as well as race interval work. Athletes are encouraged to train in other modes (e.g. by training for other sports) or to just be active on non in-person days (Monday/Wednesday/Saturday). If athletes desire to run on their non in-person days, runs can be pushed electronically to athletes directly by Coach Marklewitz. There are options for additional cross-training workouts on non in-person days based upon athlete desire and a willingness to commit to additional workouts.

Athletes will be expected to compete or time trial at least twice during the season in order to measure their own progression and challenge themselves against other athletes in the group.

* REQUIREMENTS FOR SENIOR II

- *Training watch capable of keeping time and splits.*
 - *Any watch with a stopwatch feature is perfect!*
 - *For a more advanced watch, the Garmin Forerunner 245 and up are great!*
 - *Garmin Heart Rate Strap (Soft strap or HRM) optional*
- *Properly-fitted running shoes*

* PREREQUISITES FOR SENIOR II

- *Must be able to run for 5 minutes continuously without stopping*
- *Must be at least a rising 8th or 9th grader*

GEAR LIST

RUNNING WATCHES

For both Senior groups, any watch brand that is capable of (A) keeping track of time and (B) taking splits is great! While you are welcome to purchase a more advanced running-specific watch, it is not necessary as Coach Marklewitz bases workouts on other metrics such as one-on-one conversations, movement screens, and feel-based feedback.

If you are not able to purchase a running watch, or have a different brand of running watch, let Coach Marklewitz know and we can work out some alternatives.

TRAINING CLOTHES

Runners need to be prepared for hot and humid weather, so it is required that athletes have sweat-wicking clothes or clothing that is specifically designed for athletic performance, as well as supportive garments appropriate for unrestricted movement.

Cotton-based t-shirts are not appropriate attire, and overly loose clothing is not recommended.

TRAINING SHOES

The most important thing in choosing training shoes is answering the question: "Will these shoes help me run as efficiently as possible?" This often requires a runner to be properly fitted for running shoes at a trusted local running store before selecting a shoe.

Most of the time a neutral, low heel-drop shoe (10mm or less) is going to work well. However, there may be athletes who require a little more stability built into the shoe in order to run safely without the potential for injury. This can be analyzed by knowledgeable employees of a local running store who will analyze the runner's stride pattern and help them choose a shoe that is right for them.

It is recommended that you replace running shoes every 100-150 miles. Once shoes go beyond this limit, they will lose their support and may begin to break down, which could lead to injury.

TRAINING GEAR

All runners must have an exercise mat or yoga mat that they bring with them to practice daily. This will be used for warm ups, stretching, and post-run strength and mobility work.

All runners also must have a water bottle with them at practice every day. If they do not have a water bottle, they do not train. It is going to be hot and humid, and they will lose water rapidly. If they are not able to replenish lost fluids, they are at risk of dehydration or other heat-related conditions.