

# **The Run House**

**RUN YOUR WAY**

**Location:** 15 West Street, Walpole

**Contact:** [help@therunhouse.com](mailto:help@therunhouse.com)



## **Walpole Run Club: Labor Day Road Race Prep Series**

*Join us every Wednesday 6pm and Saturday 9am in August as we train together for the Labor Day Road Race. Each session has a theme to build fitness, confidence, and community!*

## **Walpole Run Club**

**Week 1** Theme – Start Strong

**August 6 - Wednesday // Race prep run #1**

*Race Prep Run #1: "Shake Off the Rust"*

Easy group run + warmup drills to kick off the series.

**August 9 - Saturday // Race prep run #2**

*Race Prep Run #2: "Pace & Purpose"*

Intro to pacing: goal race pace segments + post-run stretch clinic.

**Week 2** Theme – Find your rhythm

**August 13 - Wednesday // Race prep run #3**

*Race Prep Run #3: "Midweek Miles"*

Mid-distance conversational run – focus on steady effort.

**August 16 - Saturday // Race prep run #4**

*Race Prep Run #4: "Hills & Hustle"*

Hill repeats + strong finish strides to build strength and grit.

**Week 3** Theme – Dial it in

**August 20 - Wednesday // Race prep run #5**

*Race Prep Run #5: "Tempo Time"*

Tempo workout + group cool-down + Q&A on race day strategy.

**August 23 - Saturday // Race prep run #6**

*Race Prep Run #6: "Long & Steady"*

Race-distance simulation (5k/10k) with hydration and pacing support.

**Week 4** Theme – Race Ready

**August 27 - Wednesday // Race prep run #7**

*Race Prep Run #7: "Tune-up & Tips"*

Shorter workout + race day logistics + what to wear & eat.

**August 30 - Saturday // Race prep run #8**

*Race Prep Run #8: "Final Strides"*

Fun run + shakeout + group photo!