

FIRST STRIDES NMB

First Night Important Information

WELCOME PARTICIPANTS!

First Strides NMB is for females aged 12 to 112! The program was started in North Myrtle Beach in Fall 2019 by Jane Serues. Jane started and ran a successful First Strides program up north for many years. Since then we've welcomed new and repeat striders of all age groups and abilities.

BRING YOUR OWN MASK and wear it, except during the workouts. Exercise is good for your immunity but to protect everyone, please also:

- Stay home if you feel sick or have been exposed
- Use the hand sanitizer (on the stage)
- Practice social distancing
- Bring your own water bottle

Thank you for your help and consideration of everyone's health!

PROGRAM DESCRIPTION:

- **Structure:** 12-week, proven workout schedule with 2 additional homework assignments each week
- **Mentors:** your mentors will teach, lead and encourage you during your weekly Wednesday workouts
- **Participants:** attendance at the weekly workouts combined with 2 additional weekly workouts (homework) will lead to success (refer to the Training Schedule & use a Timing Device)
- **Training Principle: Stress + Rest = Improvement**
 - The “**stress**” mildly tears your muscles down. A stress is any of the following: going faster, farther or more frequently than before. Other stresses are heat, hills and surfaces (soft - beaches or thick grass); (hard – concrete vs asphalt)
 - The “**rest**” gives your body a day to recover or heal; you will heal stronger, better and **improved**. A rest is any of the following: cross-training (different activities – yoga, cycling, swimming, strength training), going slower and/or shorter; or a complete day off from walking or running
 - Alternate days of stress (homework) with rest. Homework every other day!
 - **Important:** The biggest mistake made by beginners is going **too far, too fast, too soon** and/or **too frequently**. Increase only one of the above stresses per week at the most
- **Goal: First Strides NMB 5K Stride** – 3.1 mile walk/run during our last workshop (week 12)

WEEKLY SCHEDULE:

- Check in...see why this is important below
- Speaker/Topic
- Mentor Introductions
- Initial Announcements
- Group Stretch
- Workout (warm-up + easy/pickup intervals + cool-down)...see below for Timing Devices
- Group Stretch
- Final Announcements

NAME TAG – Keep your name tag in your car! Bring it with you and wear it every week.

- **Attendance** - Your name tag includes 2 Attendance Tickets with your name on them. After your Week #2 workout, we'll ask you all to take (1) ticket out of your name tag and drop it into a basket sorted alphabetically by your last name. Week #3 (or #4), you'll drop your 2nd ticket into the basket for your smaller group. After that, this process will be replaced by mentor check in.
- **Coupon** - Your name tag also has a 10% coupon and business card from **Fleet Feet Myrtle Beach** (Supporting Sponsor). Get a 10% discount on shoes, apparel or accessories. Great resource!!!

TIMING DEVICE – You will need a timing device that keeps track of your workout **intervals minutes** (not speed or distance). Some Mentors can teach you how to set these up. Think about these options:

- **Phone Apps** – FREE apps. Go to your App store and “Interval Timer” app on smart phone
- **Sports watch** with Chrono/stopwatch function; we’ll provide a cheat sheet handout
- **Others** – we’ll share other suggestions with you

TIPS & OTHER:

- Do your **homework!** (Consistency) See **Training Schedule** handout on www.firststridesnmb.com
- We meet **Rain or Shine** (and heat!) (Large Pavilion available to accommodate weather conditions)
- **Be on time** (arrive 10-15 minutes early to park, use restroom, hydrate, check-in).
- Wear **quality shoes** that “fit” to your foot! See **Shoe Selection** handout on www.firststridesnmb.com
- **Safety** – See **Safety** handout on www.firststridesnmb.com
 - When walking/running on a sidewalk or trail, stay to your right like a car
 - When walking/running on a residential road, stay to your left (going toward traffic)
 - Trail/Road Courtesy – be considerate of other people, cyclists, cars, etc. Call out: “Biker back!” or “Car up”, etc. in groups
 - Hydrate before, after and as needed during (if exercising more than ½ hour – especially in summer)
- **Listen to your body!** If you get sore, figure out why and do something! (Rest, ice, anti-inflammatory, new shoes, massage, physical therapy). Let pain be your guide to backing off your schedule!
- **Fanny pack** or small bag with essentials (e.g., car key) to carry or leave on amphitheater stage during your workout
- **Remember** your mask, name tag, timing device/cell phone and water bottle
- **Suggestion Box** (on stage) – constructive comments very welcomed
- **Homework** - Figure out what works **for you** (time of day, convenient location, pleasure, motivations and companions)
- Your First Strides NMB registration fee provides a free, 1-year membership to **Grand Strand Running Club**, <https://grandstrandrunning.com/>
- **Website:** www.FirstStridesNMB.com. Find **Weekly Emails & Topics** tab on left to read and/or print
- **Facebook** pages: **First Strides NMB** (public) or **First Strides - North Myrtle Beach** (private group for participants & mentors). You are all invited to join ... post questions, photos, good routes, achievements.
- **Questions:** Email: FirstStridesNMB.gsrc@gmail.com

Attending this class is not a “selfish” act:

- Good for your kids, your partner and your boss – your mood, your health ... ask for their support.
- Good for your overall health, immunity, stress level, mood, health, self-esteem, social connection, and much more!
- You are a role model!!!! It might be something you can share with partner or kids in the future.

Do NOT go too far, too fast, too soon, too frequently!