

FIRST STRIDES® NMB

First Night Important Information

WELCOME PARTICIPANTS!

First Strides NMB is for females aged 12 to 112! First Strides® was started in Allentown, PA in 1997 (still active today). Since then we've welcomed new and repeat striders of all age groups and abilities.

PROGRAM DESCRIPTION:

- **Structure:** 12-week, proven "self-paced" training schedule includes 2 homework workouts/week
- **Mentors:** your mentors will teach, lead and encourage you during your weekly Wednesday workouts
- **Participants:** attendance at the weekly workouts plus homework will lead to your success (see 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
 - Plan to alternate days of stress (homework) and rest (no homework). Homework is 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** – We will be able to complete a 3.1 mile walk/run during our last workshop. Our 5K course will be a part of the *NMB Christmas Lights Show* route. Festive, fun and free!

WEEKLY SCHEDULE:

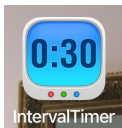
- Check in: You need to attend at least 8 workshops to earn your graduation shirt! Be sure to check in
- Speaker/Topic
- Mentor Introductions
- Initial Announcements
- Group Stretch
- Workout (warm-up + easy/harder intervals + cool-down)...
- Group Stretch
- Final Announcements

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. They will be dropped in a basket after your workout Week 2 & Week 3 to record your attendance.
- **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 – Find a timing device that keeps track of your workout **intervals minutes** ("time", not speed or distance). Ask Mentors to help you set these up you chosen device. Options are:

- **Phone Apps*** – FREE. Go to your App store for "Interval Timer" (Search, download & install)



* Recommend this app for Interval Timer. Ask Mentors to help set you up!

- **Sport watches** with Chrono/stopwatch function.
- **Gymboss Timer**—easier set up than cell phone. <https://gymboss.com/gymboss-plus> \$21.95+ ship.
- **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/fill water bottle, 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: “Walker 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, new shoes, massage, anti-inflammatory, physical therapy). Let pain be your guide to backing off your schedule!
- **Fanny pack** or small bag with essentials (e.g., car key, timer, etc) to carry or leave on amphitheater stage during your workout
- **Remember** to bring your name tag, timing device/cell phone, mask (optional) and water bottle (optional)
- **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 – ask for their support.

Good for your overall health, immunity, stress level, mood, health, weight control, self-esteem, social connection and much more!

You are a role model!!!

COVID CONCERNS – Exercise is good for your immunity. Consider these options:

- Stay home if you feel sick or have been exposed
- Masking is optional (not needed during workout)
- Practice social distancing
- Bring your own water bottle
- Use the hand sanitizer (on the stage)

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