

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:** 11-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 as you stride; 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. We will simulate a low-key, timed "walk/run" event with timing, start/finish line, bib numbers, scoring, results, spectators (if you like) ... all at your own pace. NO AWARDS but lots of satisfaction!

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

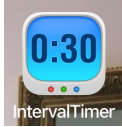
NAME TAG – Keep in your car or leave it each week! Please wear it every week.

- **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.
- **Perk from Fleet Feet Myrtle Beach** – As a participant of First Strides NMB, you will receive a 10% discount from **Fleet Feet Myrtle Beach** (Supporting Sponsor). Not only is Fleet Feet MB a great resource, you'll receive a 10% discount on shoes, apparel or accessories.

TIMING DEVICE:

Find a timing device that keeps track of your workout in **intervals minutes** (“time”, not speed or distance). Ask Mentors to help you set up your chosen device for each week’s workout. Options include the timers noted below but there are plenty of others available on your phone (Android, Apple):

- **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 to set up than phone app. <https://gymboss.com/gymboss-plus> \$21.95+ ship.

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 pouch with essentials (e.g., car key, timer, cell phone, 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, pleasant surroundings, shade, 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](https://www.facebook.com/FirstStridesNMB) (private group for participants & mentors). You are all invited to join ... post questions, photos, good routes, achievements.
- **Questions:** Ask your Mentor or Email: FirstStridesNMB.gsrc@gmail.com

Attending this class is not a “selfish” act! Regular exercise is:

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!!!