

# *Go the Distance Faster*

## **Coach Ward's Distance Training Programs** *Sponsored by Award Athletics, Inc.*

Now that you can go the distance!  
How about running and finishing faster?

You can by changing speeds in your training.  
Come to the track and run faster than your normal training run.

### ***Track Workouts at the University of Miami & Tropical Park with Coach Mike Ward***

Coach Ward just retired from the University of Miami where he was the Head Men's/Associate Women's Cross-Country and Track & Field Coach at University of Miami. Ward completed his 16 years at UMiami, with eleven years as the Head Coach. Coach Ward has 40 years of personal running experience and over 23 years of coaching experience.

His PR's include 32 minute 10K, 52:30 for 10 miles, and 2:41 for the marathon. Ward is currently certified with USA Track & Field as a Level II Coach for Endurance, the only coach in the South Florida area to hold this certification.

### **Starting Tues. Aug. 24<sup>th</sup> and Wed. Aug. 25<sup>th</sup>, 2010**

**WHERE:** Tuesday, Tropical Park, 7900 SW 40<sup>th</sup> Street, Miami, FL  
Wednesday, University of Miami, 5821 San Amaro Drive, Coral Gables, FL 33146

**WHEN:** Wednesday evenings 6:30 – 7:30PM or Tuesday mornings 5:30-6:30AM & 6:30-7:30AM  
Program runs from August 24, 2010 thru January 20, 2011

**HOW IT WORKS:** You will receive an evaluation by Coach Ward and placed into a group of people with similar running/racing times/abilities. In the sessions you will have a specific training plan under the supervision of Coach Mike Ward. The Program is for beginners to veteran racers. The Program will improve your 5K to marathon race times.

From the track workouts your running will become more efficient. Your running economy or Vo2max will improve. You will find your distance runs becoming easier due to your running economy improvement. Your body will adapt to the faster running over time just like your body has adapted to the increase in mileage from your long runs.

Running at an easy pace for all your runs will not stimulate the fast twitch muscles. Some faster running is essential to provide adaptation for racing. But such training must be done correctly in terms of the distance run, pace of runs, and recovery between runs. Coach Ward will monitor these factors so you can improve your running in a positive, healthy and productive manner.

**Coach Mike Ward (305) 439-3492, [coachwardpage@bellsouth.net](mailto:coachwardpage@bellsouth.net), [coachwardrunning.com](http://coachwardrunning.com)**

## COACH WARD'S AWARD ATHLETICS MARATHON/HALF MARATHON TRAINING PROGRAM

**WHERE:** University of Miami Track

**WHEN:** Saturdays @ 5:45AM

**DATES:** July 31, 2010 thru January 30, 2011 MIAMI ING Races

**PROGRAM FORMAT:** Coach Ward will develop your plan after analysis of your races and Vo2Max test on the track. You will be placed into a group of runners with similar abilities. Coach Ward will lead the training session which include long runs, tempo runs, and other running workouts to get you prepared to run the race distance at a competitive pace for you. The program will utilize straight running, not the Galloway method of run and walk breaks every couple of minutes. Breaks will be for hydration and bathroom needs. Coach Ward will work on correct form and specific training to increase performance. This program is not only focused on you getting to the finish line but to get you there faster.

### BENEFITS TO YOU:

- Coached by Mike Ward, USA Track & Field Certified Level II Coach. Coached 16 years at the University of Miami. Head Coach at UM for eleven years in cross country and track & field. Developed two USA Olympic Trials Qualifiers in the marathon from the UM program. Coached beginners to Olympic athletes. You will have contact with Coach Ward at all workouts and receive suggestions, comments, and feedback from him.
- Receive an Award Athletics singlet or dri-fit shirt.
- Receive discount entry into Miami ING half or full marathon.
- Post ING celebration at race site with American Cancer Society.
- Marathon program and track program includes 6 months of training under Coach Mike Ward.

### COSTS: Circle Choices

Marathon/Half Marathon Program only: (Saturdays)

Alumni: \$160      New: \$180

Track Program only: (Tuesday or Wednesday)

Alumni: \$160      New: \$180

Marathon and Track Programs (Saturdays & Tuesday or Wednesday)

Alumni: \$260      New: \$290

**Singlet size: S M L XL XXL (circle one)**

### Registration:

Name:

E Mail address:

Running Goal or Goals:

Within the last year, personal bests:

5K

10K

½ Marathon

Marathon

Make checks payable to "Award Athletics Inc." Mail Check and registration to:

**Coach Mike Ward**

**6021 Twin Lake Drive**

**South Miami, FL 33143**

**Refund policy: 40% or more completed sessions, no refund.**

**Less than 40% completed sessions refund will be \$7 per session or reduced fee for next training session.**