



# A 4-DAY RUNNING RETREAT (FOR ADULT RUNNERS) FURMAN UNIVERSITY, GREENVILLE, SC JUNE 1 – 4, 2023

The Furman Institute of Running and Scientific Training (FIRST®) seeks to promote running as a healthy activity by providing training information based on scientific principles. Our goal is to stimulate a love for running in adult runners by sharing information on how to develop an effective training program. As runners and physiologists, we hope to offer an unforgettable learning and running experience. Our mission is to provide athletes with the tools to improve and to enjoy life-long running.

**Who Should Attend:** The Furman Institute of Running and Scientific Training (FIRST®) 4-Day Running Retreat is designed for adult runners wishing to optimize their training, maximize their running performance, and minimize injuries, whether their preferred distance be the 5K or the marathon.

Having conducted Running Retreats since 2007, save for the Covid-restricted interruptions, we find that the runners that most benefit from the Retreat are those that train regularly and have race goals. As part of the Retreat, each runner will be provided an individualized training program for an up-coming race they plan to run.

Retreat participants in the past include an age range of 19 – 79 years with an average age of 48, an even split of males and females, and geographically spread over more than 40 states and 10 countries. While there is no specific running skill level required for participation, the typical participant has a 5K time between 18 and 32 minutes (with some a little faster or slower).

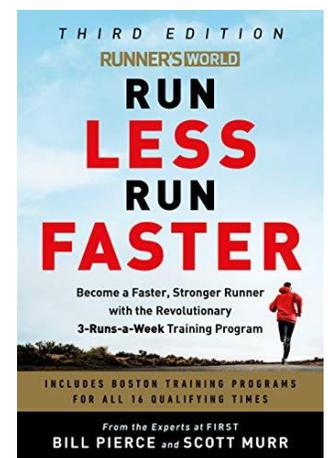
**About the Retreat:** To allow for personalized attention, the FIRST® 4-Day Running Retreat is limited to 16 runners.

Runners will be given a firsthand opportunity to work with experienced and successful runners and coaches, including the founders of the FIRST® program at Furman University.

Educational sessions are scheduled throughout the day and are interspersed with experiential sessions (lab testing, training runs, demonstrations).

**Runners will learn about:**

- ✓ The FIRST® “3 plus 2” Training Plan (featured in *Run Less, Run Faster*)
- ✓ Proper Running Form
- ✓ Strength Training for Runners
- ✓ Cross Training to Enhance Running
- ✓ Stretching and Flexibility Training
- ✓ Injury Prevention
- ✓ How to Design an Effective Training Plan
- ✓ Race Strategy





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**Retreat Registration:** The June 2023 FIRST® 4-Day Running Retreat is limited to 16 runners to allow for personalized attention. Registration is available on a first-come, first-served basis.

Retreat cost is \$1800.00, due at the time of registration. Due to the individualized nature of this retreat, retreat fees are non-transferable. Participants will be permitted to request a refund (minus a \$250 non-refundable fee) up to 10 weeks prior to the Retreat (March 23).

The link for registration is in the email that accompanies this information brochure. Please contact Lonita Stegall at 864.294.3416 with any questions.

## **What is included in the Retreat Registration Fee?**

- ✓ Individualized Laboratory Analysis of:
  - ✓ Maximal Oxygen Consumption ( $VO_{2\text{MAX}}$ )
  - ✓ Lactate Threshold
  - ✓ Body Composition
- ✓ Video of Running Biomechanics and Gait
- ✓ An Individualized Training Plan
- ✓ Dinner on Thursday night (June 1)
- ✓ Lunch each day; Thursday – Sunday (June 1 – 4 )

## **What is NOT included in the Retreat Registration Fee?**

- ✓ Lodging
- ✓ Transportation to and from the airport
- ✓ Transportation to and from the hotel
- ✓ Dinners on Friday (June 2) and Saturday (June 3)

## **Sample Daily Retreat Schedule**

### **Day 1 (Thursday June 1)**

- ✓ Individualized Assessments
  - ✓ Running Form / Gait Analysis;  $VO_{2\text{MAX}}$ ; Lactate Threshold; Body Composition
- ✓ Smart Training for the Long Run Presentation

### **Day 2 (Friday June 2)**

- ✓ Running form discussion, demo and drills
- ✓ Track workout
- ✓ Metabolic testing results
- ✓ Injury Prevention and Flexibility (discussion and demonstration)

### **Day 3 (Saturday June 3)**

- ✓ Running Form / Gait analysis discussion
- ✓ Cross-training workout
- ✓ Individual training consultation

### **Day 4 (Sunday June 4)**

- ✓ Tempo run
- ✓ Retreat concludes by noon.



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**FIRST® Faculty:** Retreat faculty are lifelong runners who teach and work at Furman University, Greenville, SC.



**Dr. Bill Pierce**, professor emeritus of Health Sciences, conducts research and writes about running. Bill has completed 42 marathons since 1977. His research and publications focus on aging.



**Dr. Scott Murr**, Associate Professor of Health Sciences is the Director of the Molnar Human Performance Laboratory at Furman University. He conducts physiological assessments and trains endurance athletes. Scott has been running since 1976 and participating in multisport events since 1984.



**Dr. Phil Gregory**, a Physical Therapist, is the Director of Furman Sports Medicine. He works with the athletes of Furman University and specializes in the treatment of orthopedic and sports injuries. He is a board certified Orthopedic Clinical Specialist and a Certified Strength and Conditioning Specialist. Phil is a former collegiate triathlete and continues to compete in his spare time.



**Dr. Jill Lucas** graduated from Furman University in 2007 with a B.S. degree in Health and Exercise Science. She earned a M.S. degree from the University of North Carolina-Chapel Hill and a Ph.D. from the University of Georgia, both in Exercise Physiology. She is an Assistant Professor of Exercise Physiology at the University of Lynchburg. Jill was a member of the cross country and track teams at Furman.

**Facilities:** A private liberal arts university was founded in 1826, Furman University offers the ideal setting for a Running Retreat. The university is nationally acclaimed for its academic excellence and Furman Advantage program. Its 750-acre campus includes a lake, 36 major buildings, and a modern eight-lane Beynon™ track.

**Lodging Information:** In the past, participants have stayed at the Hampton Inn, Travelers Rest because of its proximity (2 miles, 5 minutes) to campus. Downtown Greenville, six miles from campus, offers a vibrant environment with many restaurants, parks, and a wide variety of [hotels](#).

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