



The Wausau Area Striders is a club founded by Andy and Brooke Davis in order to bring fellowship and a base group for quality workouts to the large number of runners that call the Wausau Area home, and race in any of the dozens of races around and near town competitively or just for fun. Originally meeting on Thursdays and Saturdays for casual group runs, the club has transformed into doing high-quality workouts on Tuesdays instead and this has led to a consistent gathering of runners meeting up to spend some valuable time together, with workouts organized weekly by Kris Borchardt.

We are looking for additional Wausau-area runners to join us for our Tuesday night workouts at the new Wausau East track. We meet up between mid-April and mid-October to train for key spring, summer and fall races. Our meeting time is at 5:30 pm in lot H at the new Wausau East campus (2607 N 18th Street in Wausau) and we have been doing traditional middle to long distance basic workouts like mile repeats, 1200m, 1000m and 800m intervals, 400m intervals, and short sprint and long repeat hill workouts at nearby Sylvan Hill, which we jog to after meeting first in front of the East track at 5:30 pm.



We typically have a half-dozen members or more every week that push each other and we would like to add on! Some of our members that join us for track and hill workouts are: Andy & Brooke Davis, Kris Borchardt, Jeffrey Smail, Jason Bond, Jeffrey Quednow, Perry Dau, Scott Hansen, Todd Suckow, Amanda Murphy, Mark Beversdorf, and Mark Thuot, and we have had many more that have worked out with us. There is no cost to join and the atmosphere is fun and competitive, to get us all running faster 5K, 5M, 10K, and Half & Full Marathon times! Our ability ranges from 15:40 to 25:00 for the 5K but we invite all runners, including ladies! For more info or if interested, please contact Kris at (715) 680-0907 or at roadrunner332000@yahoo.com, or just show up; we look forward to meeting you! Wausau Area Striders also has a Facebook page where our weekly workouts are posted at least a day before the Tuesday workout: www.facebook.com/WausauAreaStriders.

Tuesday Night Workouts (5:30 pm) at the new Wausau East Track at 2607 N 18th Street in Wausau



Traditional Workouts (with strategic rest or jog periods):

- Mile repeats (3 to 5)
- 4 x 1200 meter intervals
- 5 x 1000 meters
- 6 x 800 meters
- 400 meter intervals (8 to 12+)

Sylvan Hill Workouts

(within running distance of the Wausau East track, done every 2-3 weeks)



Typical Striders Hill Work:

-600 meter uphill repeats with jog-downs (typically 3-5 repetitions)

-Plus other variations of short hill sprints with longer rests

We hope to see you at the Wausau East track next week!

