Trail Running PE Class

Overview
Classes will run approximately 5 miles during each class session. The goal will be to explore runs that start and end from campus in an effort to get to know the local Williamstown roads and trails while gaining fitness. Most runs will contain sections of pavement, dirt and trails and may contain some sections of hiking. Students should have the ability to run 5 miles in one session, but shouldn’t worry about how fast they can run.

Class Details and Progression
Each class will start with a few minutes of dynamic stretching and warm up before heading outside. The progression of pace will depend on each student, as they will be able to run the speed they are comfortable with on that day. The class will attempt to take a different route every day for the first 10 or so classes. The last week we will likely repeat a couple favorite runs.

Weather and Clothing
The trail running class will run outside rain or shine. If it’s raining students should come prepared with a rain jacket and appropriate clothing for the temperature of the day. Good running shoes are must and a water bottle if you will need water during a 5 mile run.