TeamAIDAsha
Information Session
April 25, 2021
Agenda

• Welcome
• AID Introduction Video
• Asha Introduction Video
• TeamAIDAsha Overview
• Marathon Training
• Alumni Panel
What is TeamAIDAsha?

Beginner-friendly 5K, 10K and half-marathon training and fundraising program

We train runners to go from zero to half or full marathon in six months

In return, runners raise funds for AID and Asha Boston/MIT Chapters
### 50:50 partners: AID & Asha

#### Boston/MIT Chapters

<table>
<thead>
<tr>
<th>Association for India’s Development (AID)</th>
<th>Asha for Education (Asha)</th>
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<tbody>
<tr>
<td>Non-profit 501(c)3 voluntary organization</td>
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<td>Founded in 1991 by Indian graduate students at University of Maryland</td>
<td>Founded in 1991 by Indian graduate students at University of California Berkeley</td>
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<td>Focuses on interconnected issues such as education, livelihoods, natural resources, agriculture, health, women’s empowerment and social justice in India</td>
<td>Focuses on basic education for underprivileged children in India</td>
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<td>4-Stars at Charity Navigator Financial Accountability &amp; Transparency</td>
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<td><a href="http://boston.aidindia.org">boston.aidindia.org</a></td>
<td><a href="http://boston.ashanet.org">boston.ashanet.org</a></td>
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Where do the funds go?

Ref: average expenses for AID and Asha as reported by [www.charitynavigator.org](http://www.charitynavigator.org)
Association for India’s Development
Boston/MIT Chapters

Video Introduction

https://www.youtube.com/watch?v=VBFvvHjfmtI
Asha for Education
Boston/MIT Chapter

Video Introduction

https://www.youtube.com/watch?v=GeI6A4pYcp0
TeamAIDAsha Overview
TeamAIDAsha History

• Started in 2003
• Organized by alum runners / volunteers (~ 50+)
• About 400 runners completed the program
  – Full and half marathons
  – Mostly first time runners
• Close to a million $$ funds raised
  – All funds support grassroots development & educational projects in India
  – One of the biggest fundraising programs for AID/Asha Boston/MIT chapters

www.teamaidashasha.org   info@teamaidashasha.org
Who can join TeamAIDAsha?

Anyone from couch potatoes to experienced runners

Anyone looking for a challenge and/or a new circle of friends

Anyone looking to make a difference in the world
Training overview

• April through October
• **ONE** ‘long’ group (virtual for the time) run/walk per week
  – On Saturday mornings
  – Distance increases roughly 10% per week
• Starts with 2-mile run/walk on Saturday, May 1st
• Flexible distance based groups to match every runner experience
• Running pace does not matter!
• **‘Short’** mid-week runs on your own
  – 2-3 times per week
• Warm-up and cool-down stretches
• Many clinics along the way
• Peak training time: August-September
Training week example

- Sunday - rest day
- Monday - ‘short’ run
- Tuesday - rest or cross training
- Wednesday - ‘short’ run
- Thursday - rest or cross training
- Friday - rest day
- Saturday - ‘long’ run
Why register with TeamAIDAsha?

• Free for everyone
  – Meetup group membership
  – Signal group
  – Training reference materials at www.teamaidasha.org

• Exclusive for registered runners
  – Shoe fitting, Store discounts (individual sessions this time)
  – Stretching clinic, Hill workouts, Track workouts
  – Nutrition clinic
  – Fundraising clinic
  – Strava Club
  – Social events (Post covid)
  – Personalized advice from coaching team
  – Detailed weekly training spreadsheet
  – Make a positive difference in the lives of thousands of kids and families in India
  – New friends for life
Join our free meetup group now!
RSVP for weekly event announcements, updates…

https://www.meetup.com/teamaidasha

Signal group for last minute, real-time updates…
Register and pay $ for access to private Signal group

www.teamaidasha.org  info@teamaidasha.org
Benefits for registered runners
Detailed Training Plans

- Google spreadsheet
- Weekly training schedule
- Zoom virtual assistance before the runs on Saturday.

www.teamaidasha.org    info@teamaidasha.org
Private Strava Club

• Strava – free mobile app to track personal training
• Private Strava club - Stay motivated by fellow runners
• Get personalized advice from coaching assistants
Water support for group runs (only for in person group runs)

• Setup by AID/Asha and TeamAIDAsha alumni volunteers
• Water and/or Gatorade
• Every 3 miles
Shoe Clinic

• Date: Late May
• Private Clinic for TeamAIDAsha runners
• Marathon Sports, Cambridge
• Biomechanics & shoes
• Running accessories
• Running apparel
• Personal gait analysis & shoe fitting
• Q&A
• Special discounts for any purchases
Stretching Clinic

- Pre-run warm-up stretches
- Post-run cool-down stretches
- Core strengthening stretches
- Injury prevention stretches
Nutrition Clinic

- Runners plate
- Days / before the long run
- During the run
- Gatorade, Gu Gels, ...
- After the run
Hill Workouts

• Improve Strength
• Improve Speed
• Improve Efficiency
Track Workouts

- Recruit Fast Twitch Fibers
- Improved running economy
- Improve VO2max
Fundraising Clinic

• Learn best practices for fundraising
• 15+ years of accumulated wisdom
• Proven by 400+ successful alumni
• Anyone can exceed the fundraising target by following our best practices
Social Events

(After pandemic becomes a distant memory 😊)

- Monthly Social Events
- Runners, Volunteers, Alumni
- Outdoor & indoor events
- Make new friends for life
50+ Volunteers & supporting team
Race Options

• 5K - Early Summer run by TAA
• 10K - Late Summer (Virtual)
• 10K or ½ Marathon - Late Fall (Hopefully in person)
Secure Online Fundraising Page

- Self-service profile management
- Automated credit card donations
- 100% secure and PCI compliant
- Mobile and web donations
Minimum Fundraising Targets

• 5k Minimum Target - $300
• 10k Minimum Target - $600
• Half Marathon Minimum Target - $1300
  • Students / post-docs: $800
• Alum Runner Minimum Target - $1000(HM)(We know you can at least do a half 😊)
  — 2 or more runners from the same family
  — 25% off total target
• Guaranteed success in fundraising for anyone following the fundraising clinic instructions
Runner Expenses (estimates)

• TeamAIDAsha registration fees ($75)
  – Payable to TAA after three free weekend group runs
  – Non refundable
  – Counted towards fund-raising target
  – Register ASAP for early bird discounts!

• Race registration fees (~$25 to $75/per race)

• Shoes (~1-2pairs), running apparel

• Travel and accommodation to race locations
Early bird registrations open now

• Registrations required after three free group runs
• Early bird discounted registrations
• $25 for registering by May 8\textsuperscript{th}
• $50 for registering by May 15\textsuperscript{th}
• $75 for registering by May 29\textsuperscript{th} or later

https://www.teamaidasha.org/register
Join Us For First Training Run/Walk

- Sign up today
- Meetup RSVP for Saturday
- [https://www.meetup.com/TeamAIDAsha](https://www.meetup.com/TeamAIDAsha)
- Saturday, 1st May 10:00AM
- Multiple distance groups
  - Choose 2, 3, 4 or miles
- Run/walk options
- Coaching assistants for each group on zoom
- Running location – in your neighborhood.
2021 Season Calendar*

- Info Session (Sunday, April 25th), Start of early bird registrations
- First group run (Saturday, May 1st)
- End of early bird registrations (Sunday, May 28th)
- Shoe Clinic (May 1st week)
- Stretching Clinic
- Nutrition Clinic
- Fundraising clinic and Commitment (July 1st week)
- 5k race
- 10k race
- Half marathon (Oct 20th)/Marathon
- Season Finale (Nov 2nd week)

Saturday group runs (gradually get longer, ~10% each week)
Mid-week short runs (3 x ~3-4 miles)
Fundraising (~1 hour per week emails / FB)

*Some dates are subject to change, Stay tuned via TeamAIDAsha Meetup group
https://www.meetup.com/teamaidasha

www.teamaidasha.org    info@teamaidasha.org
2021 Coaching Assistants
Professionals (doctors, scientists, engineers, managers, … ) volunteering to help new runners

Dr. Sanjay
22F

Rahul
13F 10H

Karthik
5F 18H

Rupal
10F 1H

Lakshmi
4F 10H

Somnath
3F 7H

Ajit
3F 6H

Sheela
2F 7H

Biju
3F 1H

Manisha
1F 2H

Rajeev
1F 2H

Jumbi
1F 1H

Nikhil

Uday
6F 2H

www.teamaidasha.org info@teamaidasha.org
Jonathan Wyner  
Head Coach

- Founding member of TeamAIDAsha
- Certified (Road Runners Club of America)
- 40+ years of running
- 20+ marathons
- Chief Eng : M-Works
  - Grammy nominated
- Professor: Berklee College of Music
- Education Director - iZotope
This grand pause - grateful to resume albeit with an abundance of caution
Notes About Training

From 0 to 13.1 in 6 months

Jonathan Wyner
jonathan@m-works.com
Running a (half) marathon changes lives. It’s a simple fact.

• improves your fitness
• instill a new self image
• inspires others around you to take on their own challenges

Jonathan Wyner
jonathan@m-works.com
Training overview

KEY ELEMENTS

• Gradual buildup
• Consistency
• Accountability of the group
• Running pace does not matter!
Training overview

• ONE ‘long’ group (virtual for the time) run/walk per week
• Flexible distance based groups to match every runner experience
• Running pace does not matter!
• ‘Short’ mid-week runs on your own – 2-3 times per week
• Warm-up and cool-down stretches
• ‘Many clinics along the way’
• Peak training time: August-September
What you get from the program

• You’ll get to ask and receive feedback on important questions such as
  – How do I breathe?
  – Do you think I could win the Boston Marathon?
What you get from the program

• Training and coaching using a plan devised specifically for your marathon
• Group runs with logistical support
• Email support with me during the program
• You’ll find a resource in the experience of other runners who have already completed the marathon

Jonathan Wyner
jonathan@m-works.com
What you get from the program

• You’ll learn a new meaning for the term “calories” (It’s a beautiful thing!)

Jonathan Wyner
jonathan@m-works.com
What you get from the program

• You’ll enhance your vocabulary with exotic words such as
  – “hyponatremia” and “GU”

Jonathan Wyner  jonathan@m-works.com
What you get from the program

• Information about best practices during your training on subjects including training schedule, nutrition, hydration and ...

• You’ll learn via clinics on stretching and selecting/purchasing running shoes

• You’ll have the support of the group experience going through the training together
What does the training entail?

- During the peak (8 weeks) of your training you can expect to invest between 2 and 4 hours per week in your half marathon training
What does the training entail?

• The plan is to gradually build up mileage. Your body takes time to adapt to the stresses of training for a marathon.

• Adaptation to a new exercise load
  – Cardio-vascular system 3-6 weeks
  – Muscular system about 3 months
  – Skeletal system 3-6 months

Jonathan Wyner  jonathan@m-works.com
What does the training entail?

• The plan is to gradually buildup mileage. Your body takes time to adapt to the stresses of training for a marathon

• The KEY run each week is the long run

Jonathan Wyner
jonathan@m-works.com
What does the training entail?

• The plan is to gradually build up mileage. Your body takes time to adapt to the stresses of training for a marathon
• Week 1-9 base building
• Week 10-16 strength building
• Week 17-21 speed and strength
• Week 21-24 taper phase

Jonathan Wyner
jonathan@m-works.com
Half Marathon Program

• In many respects identical to the full marathon program with a slightly shorter training period and lower mileage targets

Jonathan Wyner jonathan@m-works.com
Coach

Q&A

Jonathan Wyner

jonathan@m-works.com
Alum Runners Panel - Q&A
Ask us anything!
Ready for a life-changing experience?
Join Us For First Training Run/Walk

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