



TeamAIDasha

Information Session
April 10, 2022

Agenda

- Welcome
- AID Introduction Video
- Asha Introduction Video
- TeamAIDAsha Overview
- Marathon Training
- Alumni Panel



What is TeamAIDasha?



Beginner-friendly marathon training and fundraising program



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

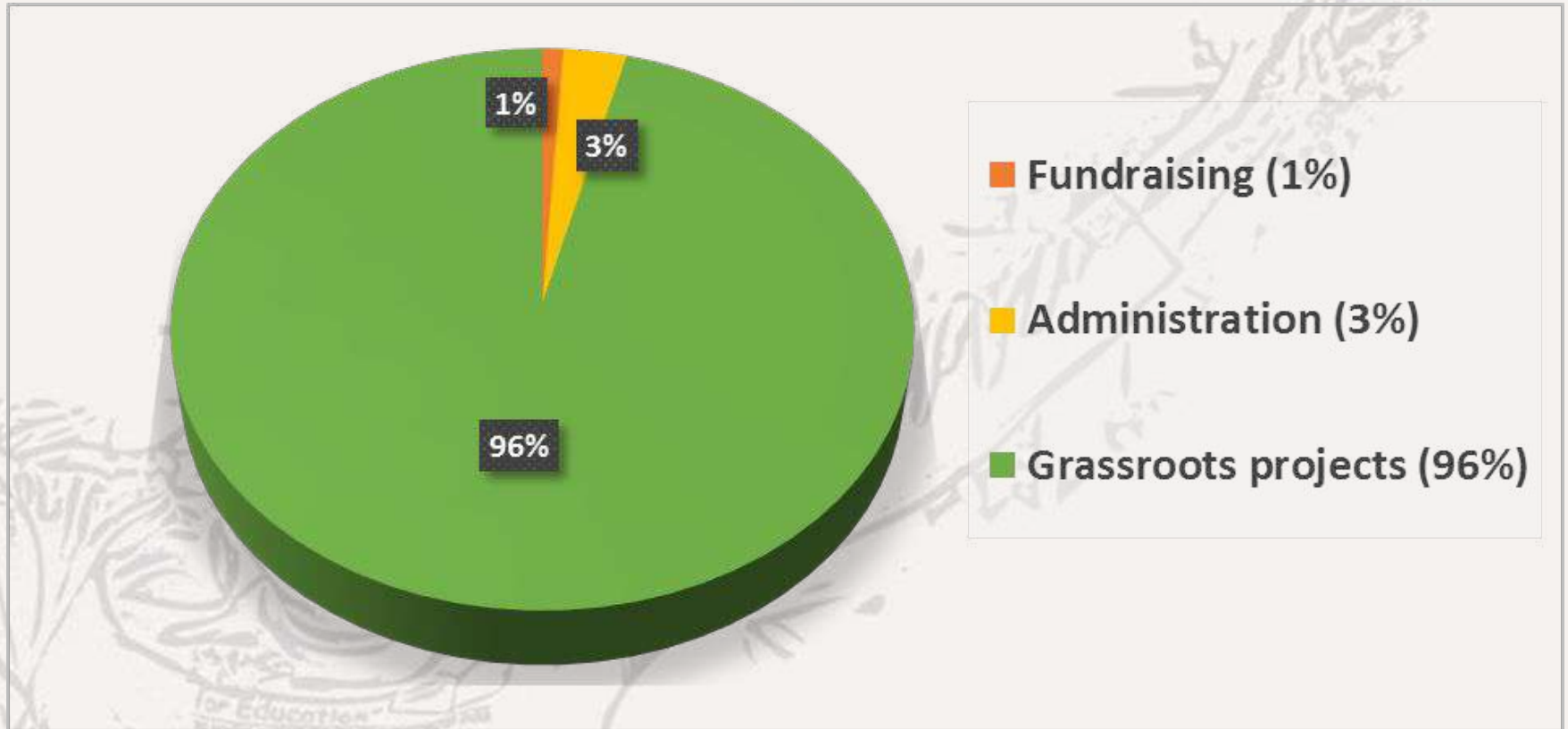


In return, runners raise funds for AID and Asha Boston/MIT Chapters

50:50 partners AID & Asha Boston/MIT Chapters

Association for India's Development (AID)	Asha for Education (Asha)
Non-profit 501(c)3 voluntary organization	Non-profit 501(c)3 voluntary organization
Founded in 1991 by Indian graduate students at University of Maryland	Founded in 1991 by Indian graduate students at University of California Berkeley
Focuses on interconnected issues such as education, livelihoods, natural resources, agriculture, health, women's empowerment and social justice in India	Focuses on basic education for underprivileged children in India
4-Stars at Charity Navigator Financial Accountability & Transparency	4-Stars at Charity Navigator Financial Accountability & Transparency
www.aidboston.org	boston.ashanet.org

Where do the funds go ?



Ref: average expenses for AID and Asha as reported by 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=Gel6A4pYcp0>



TeamAIDasha Overview



www.teamaidasha.org info@teamaidasha.org



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 \$950K raised
 - All funds support grassroots development & educational projects in India
 - One of the biggest fundraising programs for AID/Asha Boston/MIT chapters



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 run/walk per week
 - On Saturday mornings
 - Distance increases roughly 10% per week
- Starts with 2-mile run/walk on Saturday, April 16th.
- 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

Benefits for registered runners



	A	B	C	D	E	F	G
1	Saturday	Marine Corps - Full	BayState - Full	BayState - Half	Half Marathon Route	Full Marathon Route (mapmyrun)	Water Stops
9	6/14/2014	9 miles	9 miles	5 miles	Refer to the Full Marathon Route map	http://www.mapmyrun.com/routes/view/2	2 stops: Arlington Heights (Trader Joe's), Arlington center (Jam n Java) (end stop)
10	6/21/2014	10 miles	10 miles	6 miles	Alewife to Brattle Street (out and back on Minuteman)	http://www.mapmyrun.com/routes/view/2	Full Marathoners: 3 stops: Lexington center (8:30-9:15 am), Arlington Heights (trader joes) (8:45 am-10:00 am), Alewife (end) (9:20-10:45 am) Half Marathoners: Arlington center (8:30-9:30 am)
11	6/28/2014	7 miles	7 miles	5 miles	Spy Pond to Trader Joe's (Out and back on Minuteman)	Spy Pond to Maple Street (Out and back on Minuteman)	2 stops: Arlington Heights (trader joes), Spy Pond (end stop)
12							
13	7/5/2014	11 miles	11 miles	6 miles	http://www.mapmyrun.com/us/somerville	http://www.mapmyrun.com/routes/view/2	3 stops: Arlington center (loop stop-3 and 7 miles; half and full), Mystic Lake, Mystic Valley Pkwy), Davis Square (end)
14	7/12/2014	13 miles	13 miles	7 miles	http://www.mapmyrun.com/routes/view/2	http://www.mapmyrun.com/routes/view/2	3 stops: Arlington Heights (half and full), Lexington center (full), Spy Pond (end)

Detailed Training Plans

- Google spreadsheet
- Weekly training schedule

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



Centridge Mensa North Club

Club Leaderboard Recent Activity Members Posts

Last Week's Leaders

Distance	Total Running Time	Climbing
Austin Hetherington... 456 mi	Austin Hetherington... 5:40:15	Austin Hetherington... 1,542 ft
Nikhil Krishnaswamy... 274 mi	Ajit Sathya... 3:14:04	Nikhil Krishnaswamy... 861 ft
Karthik Viswanath... 228 mi	Karthik Viswanath... 3:24:18	Rajul Datar... 368 ft

This Week's Leaderboard

Rank	Distance	Runs	Longest	Avg. Pace	Elev. Gain
1	Nikhil Krishnaswamy... 18.8 mi	2	4.0 mi	7:41 /mi	310 ft
2	Ajit Sathya... 10.5 mi	2	6.5 mi	9:33 /mi	220 ft
3	Rajul Datar... 11.7 mi	1	11.7 mi	11:02 /mi	408 ft
4	Austin Hetherington... 11.0 mi	2	6.0 mi	7:30 /mi	480 ft
5	Karthik Viswanath... 5.5 mi	2	3.0 mi	8:55 /mi	—
6	Karthik Viswanath... 3.0 mi	1	3.0 mi	12:00 /mi	31 ft

Water support for 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 running
- 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

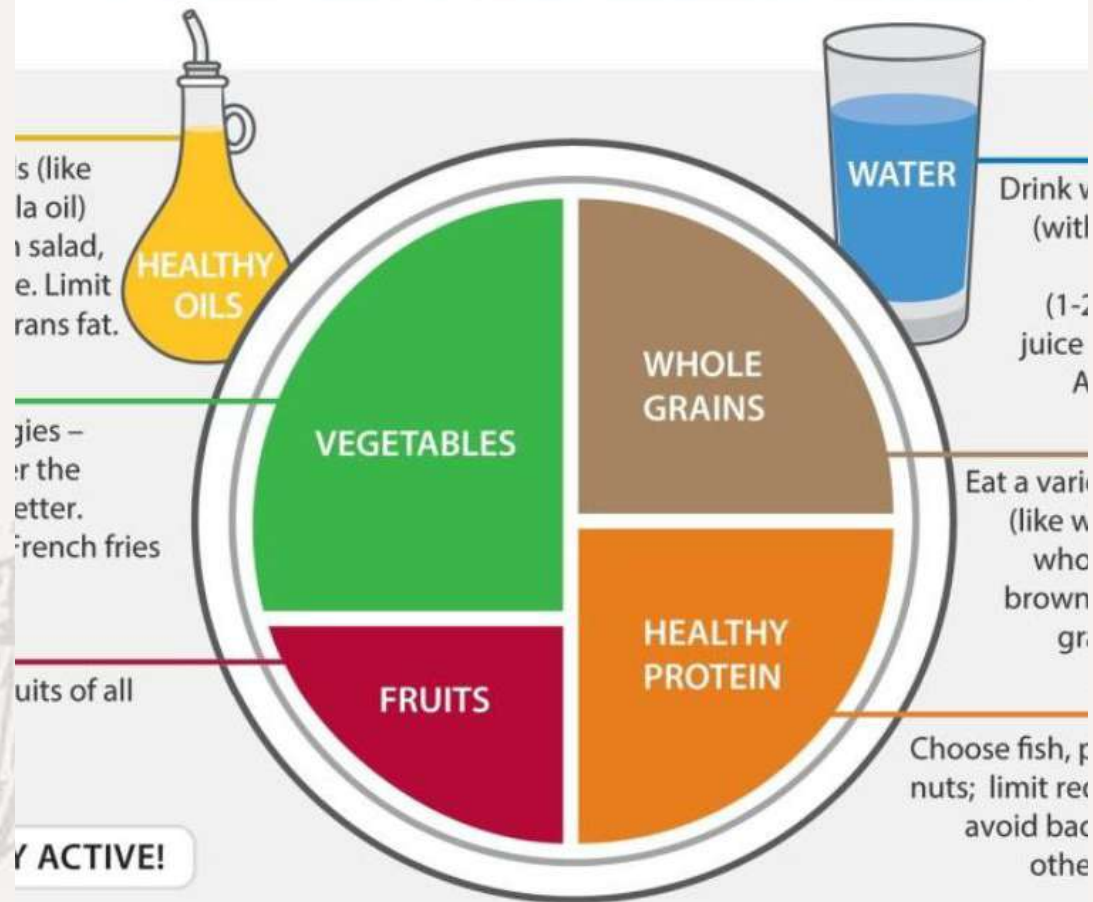




Nutrition Clinic

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

HEALTHY EATING PLATE



T.H. Chan School of Public Health
 Nutrition Source
sph.harvard.edu/nutritionsource

Harvard Me
 Harvard Health
www.health





Fundraising Clinic

- Learn best practices for fundraising
- 19+ years of accumulated wisdom
- Proven by 400+ successful alumni
- Anyone **can** exceed the fundraising target by following our best practices

Social Events

- Frequent Social Events
- Runners, Volunteers, Alumni
- Outdoor & indoor events
- **Make new friends for life**



Social Events





Race Options



- Baystate Half/Full Marathon - Lowell
- D.C. Full Marathon

Secure Online Fundraising Page

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



Pranali Dhole

\$2646 raised so far, target \$2620

Please enter the donation amount and click the button. A secure pop up dialog will collect more details to complete the donation (your email id, billing address and credit card information).



Amount (\$) [Make a donation](#)

Here is how your donation can make a difference in India...

\$1000	Can build a school in a village
\$750	Helps 200 farmers to take up organic farming
\$500	Supports bicycles for 10 rural health-workers
\$250	Supports protein supplement for 25 TB patients
\$100	Helps to run "Save the girl child" campaign in one slum area
\$50	Helps to buy books for the entire village school
\$25	Covers education and living expenses of one rural child for one month

[Share](#)

I am going to run the Marine Corps Marathon on 26th October 2014. I have a goal to raise \$2620 for two charities dedicated to development of India - Asha for Education and Association for India's Development (AID).

I am very excited to run my first marathon. The thought of running 26.2 miles at a time was a little overwhelming for me in the beginning. I started trialing in April this year and I recently completed my first

Minimum Fundraising Targets

- Half Marathon Minimum Target - \$1500
- Full Marathon Minimum Target - \$2620
- Alum Runner Minimum Target - \$1000
- 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 (\$25)
 - Non refundable
 - Counted towards fund-raising target
- Race registration fees (~\$25 to \$75/per race)
- Shoes (~1-2pairs), running apparel
- Travel and accommodation to race locations

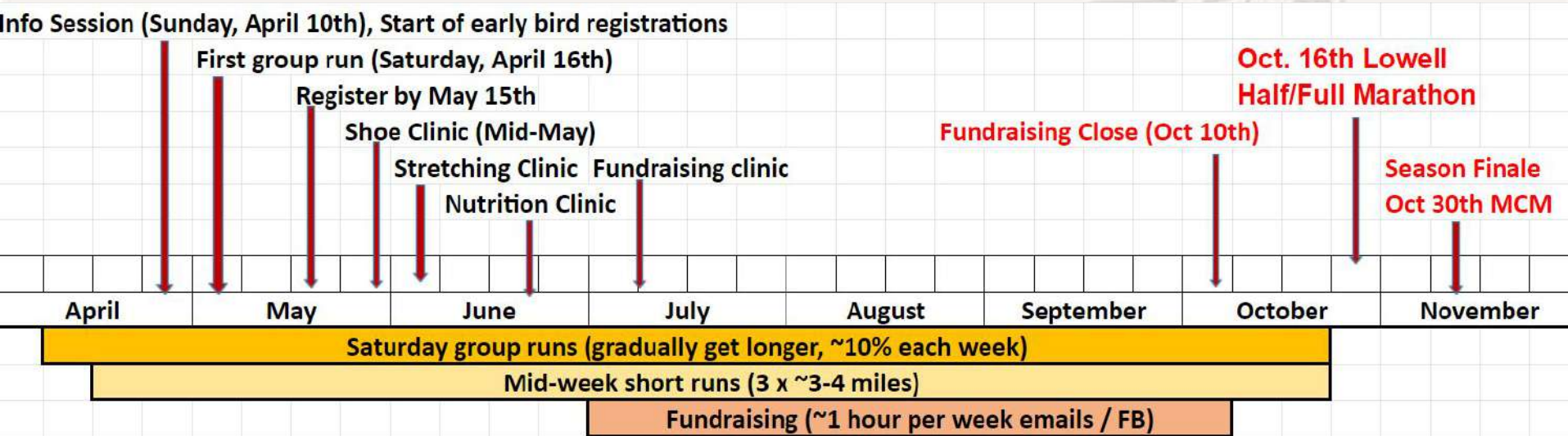


Join Us For First Training Run/Walk

- Saturday, 16st April
10:00AM
- Multiple distance groups
– Choose 1, 2, 3, 4 miles
- Run/walk options



2022 Season Calendar*



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

2022 Coaching Assistants

Manisha Mohit Somnath Lakshmi Jumbi



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



Notes About Training

From 0 to 13.1 or 26.2 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

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Training overview

KEY ELEMENTS

- Gradual buildup
- Consistency
- Accountability of the group
- Running pace does not matter!



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?

Jonathan Wyner

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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

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What you get from the program

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



Jonathan Wyner

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What you get from the program

- You'll enhance your vocabulary with exotic words such as
 - “hyponatremia” and “GU”

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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

Jonathan Wyner

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

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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

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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
- Week 1-9 base building
- Week 10-16 strength building
- Week 17-21 speed and strength
- Week 21-24 taper phase

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Half Marathon Program

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



Jonathan Wyner

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Coach Q&A



Jonathan Wyner
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Alum Runners Panel - Q&A

Ask us anything!



Ready for a life-changing experience?



Join Us For First Training Run/Walk

- Sign up today
- Saturday, 16th April 10:00AM
- **Multiple distance groups**
 - Choose 2, 3, 4 or miles
- **Run/walk options**
- Coaching assistants for each group
- 1225 Soldiers Field Rd, Boston, MA



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 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

Jonathan Wyner

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