



2017 5K Training Program for Women

*Hosted by the
Frederick Steeplechasers Running Club*

Training Program Purpose: To help new runners gain confidence in running; to improve health and well-being and complete a 5k race; and to help intermediate runners safely integrate new training techniques into their program to improve their 5k race time.

Goal Race: Frederick Women's Distance Festival 5K on August 5, 2017 at Frederick Community College www.frederickwdf.com

Program Dates: June 5 through July 31

Program Leaders:

- Heidi Novak, RRCA Certified Running Coach (Heidi.Novak@Steeplechasers.org, 301-793-7377)
- Co-leader – Nikki Martin (Nikki.Martin@Steeplechasers.org, 240-626-8113)
- Co-leader- Syble Roane (sassysybs@gmail.com, 301-606-5097)
- Warm-ups/stretching/strengthening knowledge - Nicole Davis (Nicole.Davis@Steeplechasers.org)

Program Designed For: Walkers who would like to build stamina and improve fitness. Beginning runners who have a base level of fitness and would like to learn to run safely through a run/walk program. Casual runners who have never run a 5K race. Individuals who have participated in a 5K race and would like to be able to run consistently for the whole race. Intermediate runners who would like to improve their 5K race time, or just runners who would like to run with other women to make friends and get motivated.

Schedule: Formal training runs take place on Monday evenings and Saturday mornings, with an informal run on Wednesday evenings.



<u>Monday 6-7:00 p.m.</u> Baker Park/Talley Center	10 minute warm-up and light dynamic stretching 20-35 minute planned run/walk with pacing 10 minute cool-down walk/stretch
<u>Wednesday 6-7:00 p.m.</u> Baker Park/Talley Center	Social or Solo Run (self-paced, warm-up and cool down/stretch on your own). Follow the training plan provided
<u>Saturday 8-9:00 a.m.</u> Locations may vary	10 minute warm-up and light dynamic stretching 25-50 minute run/walk with pacing 10 minute cool-down/stretch

Training Plans: We will be providing three training plans/schedules: (1) **Team Asics**—geared toward the beginner runner/walker who is interested in building stamina and consistency. (2) **Team Brooks** – geared toward inexperienced runners, returning runners, injured runners, or anyone who does not have a strong, consistent running base. Focus will be on gradually improving endurance in a careful manner to increase enjoyment and decrease chances of injury. Goal will be to complete 5K with minimal walk breaks. Runs will be done at a conversational pace and will incorporate ample walk breaks; and (3) **Team Saucony** – geared towards runners at any pace who have some running experience (completed 5Ks) and have been running or run/walking 2-3 times per week for at least 3 months at distances of 2-3 miles. Goal will be to run full 5K without walking. Focus will be on improving running capability and endurance through running longer distances and increasing tempo runs.

Training Groups: We will be breaking into the 3 groups mentioned above. Each group will follow their own training plan and may end the workout at different times. Within the groups, there will be a wide range of running paces. Due to the wide variety of runner abilities, we will naturally fall into pace groups within the larger groups. The quicker everyone gets to know the other runners at the same pace, the faster you will begin to feel comfortable running in our groups at the pace that is best for you. Most of the time we will be running at a conversational pace with planned walk breaks. The groups will be very flexible, so feel free to move into another pace group at any time if you want to run a little faster or if you need to slow down.

Volunteer Pacers: For our Monday and Saturday structured runs, a committed group of pace leaders will be running at the prescribed pace according to the training plan. We will be breaking into the three training groups and will be running a set plan that may incorporate jogging at slow paces and incorporating walk breaks as participants build their endurance. Pacers should be able to monitor the group pace and adjust as needed. There will be a lead pacer and a rear pacer as well as several pacers scattered in the middle. Pacers should have a GPS watch to monitor speed so that they can run for the planned time at the planned pace. At least one pacer from each group should carry a cell phone.

Education: Coaches will share information on a variety of running and fitness related topics such as running form, nutrition, developing a running plan, proper stretching techniques, injury prevention, strengthening exercises, etc. One or two longer educational sessions with guest speakers may be held during the course of the program on other evenings.

Leaving Run Early: If you decide to drop out of a run early because you need to leave or you don't feel well, please let someone know.

Road Safety: Watch for cars, bikes, pedestrians and their pets. Do not EVER assume a car sees you and is going to stop, even if you are in a crosswalk. If you are running in the road, rather than on sidewalks (preferred), be even more careful. Please run on the LEFT SIDE OF THE ROAD AGAINST TRAFFIC AND DROP INTO SINGLE FILE IF A CAR IS COMING. If the car does not move, get out of the road. If you are running with a group of people, don't assume that if one person runs to cross a street that it is safe for everyone to cross. Just be aware of your surroundings, and pay attention because when we will be running, especially in the evenings, there are many cars on the road, and the sun is bright at that time which makes it even more difficult for drivers to see you running.

Emergencies: If there is an emergency, please loudly call for help so that someone can let the pace leader know. 911 should be called immediately if necessary. At least one pace leader per group should have a cell phone. After 911 is called, please contact Heidi at 301-793-7377; Nikki at 240-626-8113 or Syble at 301-606-5097.

Hydration and Nutrition: Staying hydrated and fueled is very important, not only for your performance, but also for your safety. Hot weather and sweating means you will need to make sure you are hydrated with water and/or electrolytes. Please make sure you eat and hydrate well the night before your run and throughout the day of your run. Please make sure you bring water with you and that you carry it on your run.

Weather: The summer weather can be very unpredictable. Thunderstorms can come and go quickly. We will run in the rain. If we hear thunder that is approaching, we will return to our cars and cancel the run. If we are already running and can't get back to our cars safely, the groups should seek shelter. If we know within 20 minutes that a storm will definitely be coming, we may cancel ahead of the run. Cancellation will be posted on

Facebook and through a text message service. You can sign up for weather notifications through www.rainedout.net.

Missing Workouts: We will be giving you a workout that has 3 running days (formal training group runs Monday and Saturday and one social or solo run on Wednesday). If you miss a workout, please make it up on your own. You will most likely see the most improvement if you follow the plan and commit to run at least 3 times per week.

Cross Training: On your non-running days, it is good to add some form of cross-training. This can include yoga, Pilates, walking, cycling or swimming, just to name a few activities. You should also incorporate rest days – rest will help your body recover more quickly so that you will be fresh on the days you run. If you are an intermediate runner, you can run up to 5 days a week if this is what you are used to.

Improvements: If you are just starting out running, do not get frustrated in the first couple of weeks. It takes at least 3 weeks of consistent running or run/walking to begin to feel acclimated. Stick with it – don't give up. We have people who started doing 5Ks and have run half marathons now. You can do it. A little pushing and discomfort may be necessary – but not pain. Ask questions if something is bothering you. Ask for advice and talk to each other and your pace leads.

Shirts: Guaranteed to those who ordered a shirt during the registration process. Additional shirts may be available during the training program.

Communications: Our Facebook group is called Frederick Women's 5K Training Program. Most announcements, tips, events, and daily information will be posted here. E-mail communications will be approximately once a week to layout the general plan for the following week. You are encouraged to post questions or comments on the Facebook page. There are probably other members who have the same questions or concerns and the Facebook group is a good way to solicit helpful information.

Frederick Women's 5K Nine Week Training Plan – TEAM ASICS

Appropriate for: Anyone who is a walker and would like to build stamina and consistency and to improve fitness. Also for anyone who would like to progress from walking to a walk/run program.

Instructions:

- The training plan below includes the Monday and Saturday training group runs as well as a Wednesday run, which you can do on your own or with the informal Steeplechasers social run group that meets on Wednesdays.
- If you are not able to attend a group workout, please do it on your own. It's important to follow the training plan to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 days of light cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as group workouts.)
- Take rest days 2-3 days per week. Rest and recovery are just as important as the workouts. Listen to your body.
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience, enjoyable and injury-free!
- Some workouts will feel awesome and some not so much, depending on a variety of factors (ie: stress, sleep, heat, humidity, diet, geographic conditions, terrain, etc.) It's normal to have an occasional bad workout. Hang in there—another good one is around the corner.
- Focus on training for a specific amount of time, not distance
- Prior to doing workouts below, be sure to:
 - Do a 5-minute warm-up walk prior to the group stretch
 - Do 5 minutes of light, dynamic stretching with group or on your own
- After doing the workouts below:
 - Do a 5-minute cool down walk with group or on your own
 - Do 5 minutes of dynamic or static stretches with group or on your own

Week	Monday Group Run	Wed Solo Run/Social Run	Saturday Group Run
#1 June 4-10	Orientation, warm-ups, 15 min: 1 run/4 walk (3 times)	15 min: 2 run/3 walk (3 times)	20 min: 2 run/3 walk (4 times)
#2 June 11-17	20 min: 2 run/3 walk (4 times)	20 min: 2 run/3 walk (4 times)	25 min: 2 run/3 walk (5 times)
#3 June 18-24	25 min: 3 run/2 walk (5 times)	25 min: 3 run/2 walk (5 times)	30 min: 3 run/2 walk (6 times)
#4 June 25-July 1	25 min: 4 run/1 walk (5 times)	25 min: 4 run/1 walk (5 times)	30 min: 4 run/1 walk (6 times)
#5 July 2-8	30 min: 5 run/1 walk (4 times)	30 min: 5 run/1 walk (4 times)	35 min: 5 run/1 walk (5 times)
#6 July 9-15	30 min: 6 run/1 walk (3 times)	30 min: 6 run/1 walk (3 times)	35 min: 6 run/1 walk (3 times)
#7 July 16-22	30 min: 7 run/1 walk (3 times)	30 min: 7 run/1 walk (3 times)	40 min: 7 run/1 walk (4 times)
#8 July 23-29	35 min: 8 run/1 walk (3 times)	35 min: 8 run/1 walk (3 times)	40 min: 9 run/1 walk (4 times)
#9 July 30-August 5	35 min: 8 run/1 walk (2 times)	20 min: 7 run/1 walk (2 times) or rest	WDF 5k Race!

Frederick Women's 5K Nine Week Training Plan – TEAM BROOKS

Appropriate for Those Who Would Like to: Begin a sustainable running practice; build up to run/walking 3-4 miles; finish your first 5k race; or those with running experience who are coming back from an injury.

Instructions:

- The training plan below includes the Monday and Saturday training group runs as well as a Wednesday run, which you can do on your own or with the informal Steeplechasers social run group that meets on Wednesdays.
- If you are not able to attend a group workout, please do it on your own. It's important to follow the training plan to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 days of light cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as group workouts.)
- Take rest days 2-3 days per week. Rest and recovery are just as important as the workouts. Listen to your body.
- All workout runs should be at easy pace (easy to breathe and talk)
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience, enjoyable and injury-free!
- Some runs will feel awesome and some not so much, depending on a variety of factors (ie: stress, sleep, heat, humidity, diet, geographic conditions, terrain, etc.) It's normal to have an occasional bad run. Hang in there—another good run is around the corner.
- Focus on running for a specific amount of time, not distance
- Prior to doing workouts below, be sure to:
 - Do a 5-minute warm-up walk prior to the group stretch
 - Do 5 minutes of light, dynamic stretching with group or on your own
- After doing the workouts below:
 - Do a 5-minute cool down walk with group or on your own
 - Do 5 minutes of dynamic or static stretches with group or on your own

Week	Monday Group Run	Wed Solo Run/Social Run	Saturday Group Run
#1 June 4-10	Orientation, warm-ups, 15 min: 2 run/2 walk (3 times)	20 min: 2 run/2 walk (5 times)	24 min: 2 run/2 walk (6 times)
#2 June 11-17	25 min: 3 run/2 walk (5 times)	25 min: 3 run/2 walk (5 times)	30 min: 3 run/2 walk (6 times)
#3 June 18-24	24 min: 4 run/2 walk (4 times)	24 min: 4 run/2 walk (4 times)	24 min: 4 run/2 walk (4 times)
#4 June 25-July 1	28 min: 6 run/2 walk (4 times)	28 min: 6 run/2 walk (4 times)	35 min: 6 run/2 walk (5 times)
#5 July 2-8	32 min: 6 run/2 walk (4 times)	32 min: 6 run/2 walk (4 times)	40 min: 6 run/2 walk (5 times)
#6 July 9-15	32 min: 8 run/1 walk (4 times)	32 min: 8 run/1 walk (4 times)	32 min: 8 run/1 walk (4 times)
#7 July 16-22	36 min: 8 run/1 walk (4 times)	36 min: 8 run/1 walk (4 times)	45 min: 8 run/1 walk (5 times)
#8 July 23-29	30 min: 10 run/1 walk (3 times)	30 min: 10 run/1 walk (3 times)	40 min: 10 run/1 walk (4 times)
#9 July 30-August 5	30 min: 9 run/1 walk (3 times)	20 min: 9 run/1 walk (2 times) or rest	WDF 5k Race!

Frederick Women's 5K Nine Week Training Plan – TEAM SAUCONY

Appropriate for Those With Some Running Experience Who Would Like to: Complete an entire 5K without walking and improve consistency or time. Participants in this group likely have already run/walked at least one 5k race, have been doing some running for the previous 2-3 months, and should be comfortable with intervals of 5 minutes running and 1 minute walking for a minimum of 2 miles.

Instructions:

- The training plan below includes the Monday and Saturday training group runs as well as a Wednesday run, which you can do on your own or with the informal Steeplechasers social run group that meets on Wednesdays.
- If you are not able to attend a group workout, please do it on your own. It's important to follow the training plan to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 days of cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as workouts)
- Take rest days 2-3 days per week. Rest and recovery are just as important as the workouts. Listen to your body.
- All workout runs should be at easy pace (easy to breathe and talk), except for tempo or speed work which should be done only one time per week (planned for Mondays-optional) for those who meet pre-requisites (running for 3 miles without walking).
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience positive, enjoyable and injury-free!
- Prior to doing workouts below, be sure to:
 - Do a 5-minute warm-up walk on your own prior to the group stretch
 - Do 5 minutes of dynamic stretching with group or on your own
- After doing the workouts below:
 - Do a 5-minute cool down walk with group or on your own
 - Do 5 minutes of dynamic or static stretches with group or on your own

Week	Monday Group Run	Wed Solo Run/Social	Saturday Group Run
#1 June 4-10	Orientation, warm-ups, 15 min: 4 run/1 walk (3 times)	Run of 2-2.5 miles with walk breaks every 5 min	30 min: 5 run/1 walk (5 times)
#2 June 11-17	28 min: 6 run/1 walk (4 times)	Run of 2-2.5 miles with walk breaks every 6 min	35 min: 6 run/1 walk (5 times)
#3 June 18-24	32 min: 7 run/1 walk (4 times)	Run of 2.5-3 miles with walk breaks every 7 min	32 min: 7 run/1 walk (4 times)
#4 June 25-July 1	36 min: 8 run/1 walk (4 times)	Run of 3 miles with walk breaks every 8 min	45 min: 8 run/1 walk (5 times)
#5 July 2-8	33 min: 10 run/1 walk (3 times)	Run of 3 miles with walk breaks every 10 min	44 min: 10 run/1 walk (4 times)
#6 July 9-15	36 min: 11 run/1 walk (3 times)	Run of 3 miles with walk breaks every 12 min	48 min: 11 run/1 walk (4 times)
#7 July 16-22	35 min: 1-2 walk breaks	Run of 3.5 miles with walk break at 15 min	35 min: 1-2 walk breaks
#8 July 23-29	35 min: 1 walk break at 17 min	Run of 3.5 miles with walk break at 20 min	35 min: 1 walk break at 20 min
#9 July 30-August 5	30 min: no walk breaks	Run of 2 miles with no walk break	WDF 5k Race!

Frederick Women's Distance Festival (WDF) 5K Route at Frederick Community College: This is the new WDF 5K route at FCC.



Some information about the coach and leaders:

Heidi Novak: Prior to 2014, Heidi stayed active by attending various classes at the gym or using cardio machines. She never thought about running until a group of moms from her school started a Couch to 5k program. She jumped into the program a little late, but soon discovered how much she enjoyed running. It wasn't until her school's 5k that fall that she heard about the Steeplechasers. As Mark Lawrence was talking before the race, he mentioned that anyone serious about running in the Frederick area needed to join the Steeplechasers. Shortly after the race, she joined and then decided to take on the challenge of a half-marathon. She still remembers showing up for her first group run at the Talley Rec Center in the winter of 2015. The temperature was below freezing and she asked herself, "what am I doing here? I should be in bed." She soon came to enjoy getting up early, and even running in cold weather. This couldn't have been possible without the support from the group, as well as her training partners. Since then she has participated in several half marathon training programs and this spring, she coached the half marathon training program with Billy Clem. In addition, in January of 2017, she became an RRCA Certified Running Coach. Heidi has completed a marathon, several half-marathons and 10 mile races, and almost all distances in between. She also participated in a Ragnar trail relay last summer. Heidi hopes that she can inspire others to love running as much as she does, as well as helping them to set and achieve goals.

Nikki Martin: Nikki started a Couch to 5k program with her sister-in-law in the spring of 2012, with their goal race being the 5k of the Frederick Running Festival. While at the expo picking up their bibs, they saw the Steeplechasers table and were convinced they should join. They joined, and soon after they signed up for the Women's Distance Festival 5k training program. During that program, Nikki gained a whole new perspective on running and realized she really enjoyed running with a group. In fact, many of her closest running friends today are the ones she made during training for this program. She then went on to join the half-marathon training group, and has since completed several half-marathons, 10 mile races, and she ran the Ragnar trail relay with Heidi. Nikki has so enjoyed the Steeplechasers that she volunteered, and has been co-chair of the Membership Committee since 2016. Nikki is so excited to be co-leading this program that had such a positive influence on her running. She looks forward to encouraging others in pursuing their running goals and in discovering what an amazing group of runners there are in the Steeplechasers.

Syble Roane: Syble's running career started seven years ago when she was unhappy with her physical appearance and wanted to make a change. As she shared last year at an Educational Night featuring inspirational women who are Steeplechasers, she was fat and hated it! She spent mornings inside, alone on a treadmill, dreading every minute and reminding herself that this was her punishment. That was a long time ago. Time, as well as consistency has changed her. In 2013, she ran with the WDF training program. These were her first group runs and first outdoor runs. She learned to enjoy the company, the sunshine and believe it or not, running. In 2016 Syble decided she wanted to take on a new challenge and signed up for her first half marathon, the Frederick Half. She also signed up for the half marathon training group and looked forward to the weekly group runs, even when the temperatures dropped below freezing. She can always be seen in bright, flashy pants, which have earned her the nickname "Sassy Pants". After completing her first half marathon she went on to running her first 25K (the next weekend). Since then she has run several more half marathons. She is the co-chair of the Happy Hour Committee with Heidi Novak and enjoys planning events for the running club. This is her first time helping to lead a training program. She is excited to share her love of running and watch everyone overcome the challenge of those first steps.

Message from FSRC President, Jill Cameron

Welcome to the Women's 5k training program and thank you for signing up. There are probably a variety of reasons why you have chosen to join this program, but more than likely you have decided to join because you want to take a positive step toward a healthier lifestyle. We in the Steeplechasers are excited for you to be a part of this program and to be a part of our running club and community.

There are so many positives associated with your decision to join this training program. First, you will learn how to persevere through a run when you simply don't want to take another step. Eventually you will exceed running goals that you thought were never possible. Finally, you will meet runners who have similar goals and inspiring stories that will help you to dig deeper and overcome adversity. Running buddies are truly the best motivation.

Please know that this is not an easy task, but it is achievable. Lean on those who are here to help you. Our coaches and pace volunteers have taken on these roles because they have been in your shoes. They also know what it feels like to succeed with running, so listen to their guidance throughout the program.

Through this program you will work hard to prepare for the upcoming Women's Distance Festival 5k, but I also hope that this training motivates you to keep on running. Many women start their running career through this training program, and I hope this program helps launch yours as well.

Why do I run?

I run because I can.

I run because it makes me feel strong.

I run to meet new people and share stories.

I run for me.

Enjoy the run,

Jill Cameron

President, Frederick Steeplechasers Running Club

FREDERICK STEEPLCHASERS RUNNING CLUB MISSION:

To promote running for fitness, friendship and athletic development, in support of our members and the Frederick community.