



Frederick Steeplechasers Half Marathon Training Program Information Booklet

Training Program Purpose: To prepare runners for their upcoming half marathon

Goal Race: Frederick Half Marathon, Sunday, May 6, 2018

Coaches:

- Heidi Novak, RRCA Level I Certified Running Coach
- Crystal Tressler



Description:

This program is ideal for the first-time or intermediate half-marathoner, and is a great way to improve your running and meet other runners in our community. Each participant is given a training plan including recommendations for mileage, cross-training, and days off. While some runs will need to be done on your own, volunteer coaches lead group runs twice a week. Group runs are encouraged, but not mandatory. A private Facebook page provides a place to coordinate additional runs with other participants, and get support and advice from more experienced participants and your volunteer coaches. We try our best to answer your questions, or at least connect you with someone who can.

Cost:

\$0 for current Steeplechasers members.

Pre-requisites:

To help protect against injury, we *strongly* recommend you are:

- Consistently running or run-walking (at any speed) 3 days a week or more, for at least 6 months
- Comfortable running or run-walking 5-6 mile long runs
- Have the blessing of your physician if you have some sort of medical issue that may affect your participation (heart issues, orthopedic concerns, etc.)

Training Plan:

Each participant will be provided with a training plan, including recommended mileage, group runs, and additional workouts including runs, cross training, and strength training. There are two different training plans to choose from – Plan A and Plan B.

- *Plan A:* intended for first-time half marathoners, veterans recovering from injury or an extended layoff, runners with limited time to train, and runners that do better with more recovery time.
- *Plan B:* intended for runners that have been regularly running 4+ days a week for several months, with a total weekly mileage consistently in the 15+ mile range. Plan B is better suited for runners that are comfortable with racing the half marathon distance and are just needing to fine tune or get back into race shape.

Be honest with yourself about where your running has been in the past few months before choosing a training plan. Choosing Plan B if you don't have the required base and aren't ready for that level of intensity can lead to injury. If in doubt which plan you should choose, pick Plan A.

Weekly Group Runs:

Group runs begin promptly. Arrive early to have time to park, pee, whatever. Each run begins with a warm-up and dynamic stretching. Each run ends with static stretches and occasional form drills.

- Tuesdays, 6:00 PM, Talley Recreation Center, Baker Park, Frederick
 - Plan B Runners: Tempo Tuesday, comfortably hard segments to build metabolic fitness and increase speed.
 - Plan A Runners: Will do a workout specifically designed to build confidence, strength, and endurance.
- Saturdays, 8:00 AM, Various locations in or near Frederick
 - Conversational pace long run

Pace Groups:

Runners will be placed with runners of similar pace into pace groups, which are led by volunteer pace leaders. These groups are intended to be fluid. If, on any given evening, you wish to run slower, or faster, please join the pace group that meets your needs. As each pace group finishes, they will do their own static stretches and form drills, then depart when ready, rather than waiting for all groups to return.

Gear:

- Comfortable running shoes that fit well and are in good shape
- Water bottle and, for the Saturday long run, fuel. Please be prepared to be self-sufficient.
- Bright clothing or bright running vest for road runs. The brighter your clothes, the easier you can be seen by traffic.
- Weather appropriate clothing. Breathable, wicking, synthetic fabrics are best. The general rule is to dress for 20 degrees warmer than what the thermometer says.
 - Summer: Hat/visor/sunglasses, sunscreen, extra water
 - Winter: Hats, gloves, warm socks, wind proof jacket

- Below 30: We still run. Adding a buff around the neck that can be pulled up over the mouth and nose for the first few miles, Vaseline to exposed parts of the face, and hand warmers, can greatly increase comfort.
- (Optional) Running watch/GPS or smartphone app (e.g. mapmyrun, runkeeper)

Safety:

- Be aware of your surroundings – traffic, potholes, strangers
- Wear bright clothing to make you more visible to drivers
- Carry identification – RoadID or license, preferably with emergency contact information
- Carry a cell phone in case you get lost or need help
- If you must run on the road: RUN ON THE LEFT, AGAINST TRAFFIC. If a car approaches, drop to single file and warn runners with you loudly (“Car up”). If a car does not seem to be moving over, STEP OFF THE ROAD. Remember that if the sun is to your back, the approaching driver has the sun in their eyes, which significantly reduces their ability to see you.
- At intersections, ASSUME THE DRIVER DOES NOT SEE YOU. Even if they seem to make eye contact with you. Be particularly cautious with drivers making right-hand turns as they are generally looking left for traffic and may not see you.
- Do not assume that just because a runner in front of you crosses a street that it is safe for you to cross too.
- Headphones: We strongly recommend that you do not wear headphones during group runs. Hearing is an important sense when running near cars and other people. If you must run with music, try using only one earbud, or bone conduction headphones that do not go into the ear.

Emergencies:

Please put your coaches’ cell numbers in your phone in case you get lost, or just need to let us know that you are having a longer than normal run. In case of emergency, call loudly for help from runners nearby and/or your pace group leader. Call 911 if necessary. (At least one pace leader per group should have a cell phone.) As soon as possible after calling 911, contact your coach by phone.

Weather:

We run in foul weather, but not dangerous weather. We will cancel for severe thunderstorms and severe winter weather. Cancellations will be posted on Facebook. Otherwise, as long as roads/sidewalks are safe, we run in rain, snow, heat, and cold. Summer thunderstorms present the additional challenge of being very unpredictable. If we are out on a run and hear thunder, we will take the quickest route back to our cars. If we can’t get back to our cars safely, we will seek shelter. Frederick has a number of runner-friendly businesses designated by a sticker in their window.

Hydration and Nutrition:

Proper hydration and nutrition are very important, not only to your performance but to your safety. As we build mileage you will need to learn to read your body's cues. There are as many hydration and nutrition strategies as there are runners. Use your fellow runners and coaches as a resource for ideas for methods to try on your runs. As a general rule, though:

- If you are running more than an hour, you need fuel. This can be Gu's, real food such as dried fruit or pretzels, or even liquid nutrition such as Tailwind.
- Fuel early and often. Your body will have an easier time digesting small, frequent bites. Eat earlier in your runs so you don't get into a fuel deficit. The body has a harder time digesting when it is physical spent.
- The hotter it is, the more you sweat, and the more hydration you need. This hydration should include some sort of electrolyte intake – electrolyte drink, salt tabs, even pretzels or other salty foods.
- The colder it is, the less you will feel like you need to drink. Drink anyway.
- Keep it simple. The best fuel is easily-digestible, simpler carbs. Heavy proteins and high fiber foods are difficult to digest while running.
- Eat and hydrate well in the days leading up to your long runs. For runs in heat, consume a little extra salt the day before the run to help you retain fluid.

Pace:

Learning to properly pace your runs is a key element of half marathon success.

- 80 to 100% of your mileage will be done at a *conversational pace*, the pace in which you can easily talk. This includes the Saturday long run. Running greater than 20% of your mileage faster than conversational pace is strongly discouraged, as it leads to increased rate of injury, and fails to develop the cellular changes that are needed to run longer and faster. Trust us, run slow to run fast.
- 20% or less of your mileage will be done at tempo pace (or harder), a pace that is comfortably hard, but at which you can still speak a few words at a time. Tempo pace develops mental toughness and metabolic fitness.

Leaving a Run Early:

If you need to leave a run early for any reason, please notify a pace group leader or your coach. This saves us from trying to find you or waiting unnecessarily for you to finish a run.

Communications:

Prior to each group run, you will receive an email with a link to our running route. The route will also be posted on the Steeplechasers Half Marathon Training Facebook page. We ask that pace groups also communicate with each other on a regular basis to keep each other motivated and to sometimes run together on days that aren't official group runs.

Tips for Success:

Training for a half marathon is not always easy. You will have great days and not so great days. You may even have days where you feel like quitting. Don't. We promise you, the feeling you get when you cross that finish line is well worth the effort. For the best chance of success:

- **Bring a positive attitude.** The more you tell yourself, "I can do this," the more likely you are to succeed. You may not fully believe you can, but tell yourself you can anyway.
- **Bring a goal.** Have a goal for the program, and every workout. Goals help keep you on track.
- **Be consistent.** Consistently getting out there and running, even if it is just a short, casual run around the block, is the number one factor leading to success.
- **Don't fear stepping out of your comfort zone.** Successful runners get comfortable with being uncomfortable. The more you do it, the less frightening it becomes.
- **Ask for help.** Whether you feel overwhelmed, or just need advice on fueling, hydration, or gear, just ask. The Steeplechasers are an eclectic bunch, from brand new runners, to runners with lots of experience, to professionals with doctoral degrees in relevant fields. Somewhere in there, someone can answer your question. We will help you find that someone.
- **Support the runners around you.** Even just a "good job" or doubling back to run in with another runner can go a long way. That person you support today may well be the person tomorrow that tells you "good job" when you need to hear it most.
- **Remember we are each in a different place in our fitness journey.** Be inspired by other runners, but don't compare yourself to them. Regardless of when or why you start, how fast you are, or how far you can go, **WE ARE ALL RUNNERS.**

COACHES:

Heidi Novak, RRCA Level I Certified Running Coach Heidi joined the Steeplechasers in 2014 after hearing Mark Lawrence, at the beginning of a race, say anyone serious about running in the Frederick area needed to join the Steeplechasers. Prior to this she had been active, by attending various classes at the gym, but never really did any running. Since joining the club, she has participated in several races of various lengths, from 5k's to marathons. Last year she completed the RRCA Level I Coaching Certification Course, and was the co-coach for the FSRC Spring Half Marathon Program, as well as the Women's 5k Training Program. In addition to helping with the training programs, she is also the co-chair of the Social Committee. She hopes that she can inspire others to love running as much as she does, as well as help them set and achieve their goals.

Crystal Tressler has a passion for road running and loves to find new and interesting routes. As a coach for the Half Marathon Training Group, she has been able to share countless miles with many participants. She began running casually in 2005 as a way to prepare for the 30-mile Avon walk. For several years, she continued running alone, on and off through the birth of twins and a third child in 2012. In 2013, Crystal joined the Steeplechasers as a participant in the Women's

Distance Festival 5K training program. The group that forged following the training was the catalyst for longer distance and more time shared with good friends. Within a year she saw a 10-minute improvement in her 5K time! With the continued support and training of the Steeplechasers, she ran her first half marathon in 2014. Now she is running two half marathons each season, and has participated in trail and road relay races. Her goal in 2018 is to train for and run her first full marathon. No matter where running takes her, the best place to run is on the country roads of Frederick County.

Nicole Davis, DPT, RRCA Level II Certified Running Coach, FSRC Training Programs Co-Coordinator, FSRC Trail Running Coordinator, FSRC Secretary Nicole is a biomechanical engineer turned physical therapist, specializing in running injury prevention and management, and serves as a consultant to numerous running organizations. As an RRCA Level II Certified Running Coach, she coaches both youth and adult distance runners. She attends the UVA Running Medicine Conference yearly to stay up-to-date on current running-related research. She began running at age 38 in an effort to be “Fit by Forty,” and after a rough, inconsistent start, finally found her stride on the trails. Though she primarily runs for the pure joy of just being out in nature and socializing with friends, she does occasionally race distances from 5k to 50k.

Billy Clem, RRCA Level I Certified Running Coach, FSRC Training Programs Co-Coordinator Billy didn't start running until he was 37 in 2006. He's run multiple ultra-races, marathons, and half marathons. He has coached the Steeplechasers Half Marathon and Marathon Training Programs. He became an RRCA certified coach in 2015. “I love coaching the training groups and promise to provide a great positive atmosphere for strengthening your running by preparing you both mentally and physically. My goal with the training groups is to really foster a collaborative atmosphere. I'm inspired by and learn from both the newer and more experienced runners within each training group. I pride myself on helping each participant feel a sense of ownership of the group. I will share what I've learned (both the good and the bad) and lean on those within the community who know what I don't to help you reach your potential.”

FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:

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