



## 2018 Frederick Steeplechasers 5k Training Program for Women Information

### ***Training Program Purpose:***

To help women improve health and well-being through running; to help new runners gain confidence in running and complete a 5k race; and to help intermediate runners safely integrate new training techniques into their training to improve their 5k race times.

**Goal Race:** Frederick Women's Distance Festival 5k on August 4, 2018 at Frederick Community College [www.frederickwdf.com](http://www.frederickwdf.com)

### ***Coaches:***

- Syble Roane
- Marti Grib-Kachman
- Casii Dodd
- Nicole Davis, DPT, RRCA Level II Certified Running Coach

### ***Description:***

This program is ideal for:

- Walkers who would like to begin adding short run segments to improve fitness and run-walk a 5k race.
- Casual runners who would like to be able to consistently run an entire 5k race.
- Intermediate runners comfortable with racing the 5k distance who would like to improve their race time.
- Any women who would like to run with other women to make friends and get motivated to move.

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 to 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.



### ***Prerequisites:***

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

- Comfortable walking 30 minutes at any pace.
- 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 possibly additional workouts including runs, cross training, and strength training.

There are three different training plans to choose from – Plan A, Plan B, and Plan C.

- *Plan A:* Intended for walkers and beginning runners who would like to run-walk a 5k.
- *Plan B:* Intended for walkers and beginning runners who would like to run a 5k.
- *Plan C:* Intended for runners who have been regularly running 3 days a week for several months. Plan C is better suited to runners who are comfortable with the 5k distance, and just need to fine-tune or get back into race-shape.

Be honest with yourself about what your current level of fitness is. Choosing Plan C when you aren't ready for that level of intensity can lead to injury.

### ***Weekly Coached 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.

- Mondays, 6:00 PM, Talley Recreation Center, Baker Park, Frederick
- Saturdays, 8:00 AM, Various locations in and around Frederick

### ***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 run, 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.

### ***Education:***

Coaches and occasional guest speakers will share information on a variety of running and fitness related topics such as running form, proper stretching techniques, strengthening exercises, nutrition, injury prevention, etc.

### ***Gear:***

- Comfortable running shoes that fit well and are in good shape
- Water bottle

- 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. Don't forget to protect your eyes and skin with sunscreen, and/or a hat, visor, or sunglasses
- (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, 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:

- Keep it simple. The best pre-run fuel is easily-digestible, simpler carbs. Heavy proteins and high fiber foods are difficult to digest while running.
- Particularly for evening runs, try to eat a small snack about 2 hours before the run.
- For morning runs, few runners want to get up 2 hours early to eat. But try to have at least a few calories before you run. A few mandarin orange wedges, a few bites of oatmeal, or even some juice can help keep you from bonking towards the end of your workout.
- 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.
- Eat and hydrate well in the days leading up to your 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 5k 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. For some this will mean you need to walk hills at first to be able to stay in the conversational zone. This is OK!
- For Plan C runners, 20% or less of your mileage will be done at a pace that is comfortably hard, but at which you can still speak a few words at a time. This harder 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 Frederick Women's 5k Training Program 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. You are encouraged to

post questions and comments on the Facebook page. Chances are high another runner has the same question, and someone else knows the answer.

### ***Tips for Success:***

Training for a 5k 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.**

**Frederick Women's Distance Festival 5k Route – at Frederick Community College:**





## **COACHES:**

**Syble Roane** I began running in 2009. I was fat and unhappy, and needed a change. The Women's Distance Festival 5k Training Program changed me from someone who was ashamed to run outside into who I am today. I have proudly finished several 5k's, 10k's, half marathons, and even a 25k! My body has changed, but most importantly, the way I feel about myself is different. I might still look like a larger girl, but I have the confidence and courage to start. The other coaches and I look forward to sharing our life changing stories with you and hopefully also sharing our love of running!

**Marti Grib-Kachman** I have loved running since I was little. I ran one year of track my 10<sup>th</sup> grade of high school, and lettered. I ran the mile in 5:58 without even practicing. The school though football was more worthy of funding, so track was no more. I never found a group to run with until I moved to Frederick in October of 1991. By chance, I met Joe Myers of the Frederick Steeplechasers Running Club and found my home. I have been a Steep for the majority of this time. I was a speedster initially, but now, after injuries and surgeries, feel very blessed that I am still running – now both road and trail. I have goals, like the 50-miler I hope to attain soon, and being inducted into the Marathon Maniacs. All I know is that I will run, because it is such a part of me, until.....and I LOVE BEING A STEEP!

**Casii Dodd** The Steeps Women's 5k Training Program was my gateway drug into distance running. Through the training program, I've gained wonderful friendships, mental strength, and went on to tick a lot of distances off my Bucket List, both in Frederick and on "runcations." I used to run to "eat all the things." Now I enjoy the real conversational, meandering runs with good friends or a good podcast that restore my body and mind. I hope to help others enjoy their running journey, whatever their goal. Other obsessions, er, hobbies, besides running are live theater, books that make me think, slowly renovating our Sears kit home, and chickens (because the town won't let me have baby goats.) When you run with me, know that I will stop to pick up pennies, I whine with the best of them, and on one long run, Robin McConaughy and I counted 17 (DEAD) snakes! Always and adventure.

**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."



*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 STEEPLECHASERS RUNNING CLUB MISSION:**

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