



## Frederick Steeplechasers 50k Training Program 2019

**Goal Race:** Blues Cruise, Oct 6, 2019  
Reading, PA

**Information Session:** 6:00 PM June 4, 2019  
Sage Physical Therapy and Wellness  
3536A Urbana Pike, Urbana, MD



**Program Start Date:** June 4, 2019

**Program Length:** 18 weeks

**Facebook Page:** FSRC 50k Training

### **Weekly Group Runs:**

Weekly group runs will be loosely organized by participants (with the guidance of the coach). Most weekend long runs will be on trail, usually on Saturday. However, some weekends will have shorter back-to-back long runs - Saturday and Sunday. Weekday runs will be a mix of road and trail. Some runs will need to be done on your own. You may also follow the program virtually.

### **Coach:**

**Nicole Davis, DPT, RRCA Level II Certified Running Coach** 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 50 miles.

### **FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

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