



## Frederick Steeplechasers 25K Catoctin Half Training Group 2020 Season

**Goal Race:** [Catoctin Half Cat](#) 25k, Saturday July 11, 2020

**Program Start Date:** Tuesday, May 12th

**Information Session:**

Tuesday, May 5 @ 6:00 PM

Worthington Farm [#3 on the Map](#)

4 mile trail run + Information Session Immediately Following

**Program Length:** 7 weeks

**Facebook Page:** [FSRC 25k Training](#)

**Weekly Group Runs:**

Weekly group runs will be loosely organized by participants (with the guidance of the coach). Most weekly long runs will be on the 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 follow the program virtually.

**Please note:** Due to the unique demands of the Half Cat and the consequences if you aren't prepared, we strongly suggest this is a tune-up plan, not a start from scratch plan. Runners should follow along with the Half Marathon Training group plan then take a week off. This program starts the following week. Please review the race description on the Ultrasignup link above.

**Coach:**

**Anne Shubert, ACE Certified Personal Trainer, RRCA Level 1 Certified Coach, FSRC Communications Committee Member** My love for running started in elementary school track and field and evolved from high school sprinter to recreational 5k, 10k road half-marathoner. Joining the Steeplechasers Half Marathon group in 2016 opened the door to new friendships and a feeling of community that was lacking in my, up to this point, solo efforts. Following the lead of my first Steeps coaches, I stepped off the roads and on to the trails, finding a way to combine my love of the outdoors with running. In 2019, after two years of trail running, asking all the questions, reading all the books, listening to all the podcasts, showing up for group runs, signing up for the Steeps 50K training group, I found myself completing my first Ultramarathon distance of 50k with a wonderful group of friends. I enjoy being a part of the Steeps trail family and look forward to sharing my experiences with others to help them reach their running goals.

**FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

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