



## Frederick Steeplechasers Marathon Training Program



**Goal Race:** Marine Corps Marathon - Sunday, October 25th

**Information Session:**

Monday, July 6 at 6:00 PM. This will be virtual, more information to follow via Marathon Training Facebook Page.

**Program Start Date:** Monday, July 6th

**Program Length:** 16 weeks

**Facebook Page:** FSRC Marathon Training

**Weekly Group Runs:**

- Tuesdays, 6:00 PM, Various locations in or near Frederick.
- Saturdays, 7:00 AM, Various locations in or near Frederick.

**Coaches:**

**Note:** Both coaches will be attending the RRCA Coaching Course July 18-July 19.

**Andrea Thompson** has been running since 2011 and joined the Steeplechasers in 2016. She has participated in many of the training programs and credits these programs with fostering an atmosphere of support, strength, and encouragement that allowed her to work towards personal goals while developing new friendships. She ran her first marathon in 2016 and has run four more since then along with many half marathons over the past few years. Andrea really enjoys being a part of the Steeplechaser “community” where everyone is encouraging, supportive, and shares that love of running. Since she felt that being part of training groups was one of the best parts of running with the Steeplechasers, she decided to coach the marathon training program last fall for the first time. She believes that regardless of your pace, goal, or years of running experience, she wants to be the coach that encourages everyone to do their best, feel healthy and strong, and believe that you can do it! It is an amazing feeling when you accomplish a personal goal after running *your race*.

**Jean Marie** Jean Marie has been running since her early 30's and has completed numerous races from 5K's to marathons. As a new resident of Frederick, she joined the Steeplechasers in January 2019 primarily to meet fellow runners and participate in the Spring Half Marathon Training Program. Jean Marie also wanted to utilize the group experience to push herself both physically and mentally, but she also knows running is more fun with friends! Since joining the Steeplechasers, she has met some wonderful people, made some great friendships and has become more active within the club. She was an assistant coach for the 2019 Fall and the 2020 Spring Half Marathon Training Program and joined the Social Committee. She is excited to share her passion for running with fellow enthusiasts, "There's a lot of fun to be had in training to improve as a runner and sharing that with fellow runners is the best way to get all of it."

**FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

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