



2015 5K Training Program for Women

Hosted by the Frederick Steeplechasers Running Club

Training Program Purpose: To help new runners gain confidence in running to improve health and well-being and complete a 5k race and to help experienced runners safely integrate new training techniques, such as speed work, into their program to improve 5k race time

Goal Race: Frederick Women's Distance Festival 5K on August 8, 2015 at Frederick Community College (Race participation not required)

Program Led by RRCA Certified Running Coaches:

- Luanne Houck (Luanne.houck@yahoo.com, 240-626-6154)
- Roseann Abdu (roseabdu@gmail.com, 240-575-1022)



Program Geared To: Beginning runners and runners who would like to improve their 5K running time. Casual runners who have never run a 5K race. Individuals who have participated in a 5K race and would like to be able to run consistently for the whole race. Experienced runners who would like to improve their 5K race time. Runners who would like to run with other women to make friends and get motivated. Participants should be able to sustain moderate cardiovascular exercise for at least 20 minutes (brisk walking, aerobic dance, light jogging, cycling).

Weekly Group Runs: From Baker Park/Talley Center from June 15 through Aug. 3.

- Monday – 6:00-7:00 p.m.
- Wednesday – 6:00-7:00 p.m.
- Saturday – 8:00-9:00 a.m.

Each run will include a 5 minute warm-up and a 5-minute cool-down stretch. Sometimes the Saturday run will be held at Frederick Community College to run the actual 5k race course. Additionally, other locations may periodically be used.

Speakers: On Monday evenings, we will have a series of short talks on a variety of running and fitness related topics such as running form, nutrition, shoe fitting, developing a running plan, proper stretching techniques, injury prevention, etc. Please be on time on Mondays and be quiet while our speaker is talking. Our group is very large and it may be difficult for others to hear if there is chatter.

Schedule: Everyone should come ready to run and leave time for parking – we will start promptly with a quick 5 minute warm-up walk/jog on your own and then some warm-up exercises at 6:05 (or after the speaker). At the end, each group will do their own stretch

and depart when ready so that we are not required to wait for all groups to return before we end for the day.

Monday 6:00 p.m	Introductions/Weekly Speaker-20 minutes 10 Minute Warm-up jog and light dynamic stretching 20-30 Minute Workout 10 Minute Cool-down Walk/Stretch
Wednesday 6:00 p.m.	10 Minute Warm-up jog and light dynamic stretching 20-35 Minute Workout 10 Minute Cool-down Walk/Stretch
Saturday 8:00 a.m	10 Minute Warm-up jog and light dynamic stretching 25-50 Minute Workout (run/walk increasing to 3-4 miles) 10 Minute Cool-down/Stretch

Typical Running Pace: On night 2 (June 17), we will do a ½ mile time trial for those who do not know their comfortable/conversational pace. This will help us finalize our pace groups so that everyone gets to know those who are running a similar pace. For experienced runners, we may also do another time trial during the 4th training week to establish a “race pace” – this will help you come up with a goal finish time for the 5K as we start to incorporate speed work for those who are ready. We may also do another time trial at the end of the program to see how everyone has improved.

Groups: We will be breaking into 3 large groups so that we can appropriately manage up over 100 women running around Frederick all at the same time. Due to the wide variety of runner abilities, we may be subdividing those groups even further. The faster everyone gets to know the other runners at the same pace, the faster you will begin to feel comfortable running in our groups at the pace that is best for you. The large groups will have pace variations that have a range of up to 2 minutes/mile so it will be up to you to run at your comfortable pace. We will let you know when it is important to push yourself a little bit and when you should be running at a conversational pace. The groups will be very flexible, so feel free to switch groups at any time if you want to push a little faster or if need to slow down. Some people may progress faster than others so where we place you at the start of the program may chance.

Volunteer Pacers: A committed group of pace leaders is critical to ensure the success of this program. Our pacers will be running at the prescribed pace according to the training plan. We will be breaking into three ability groups and will be running a set pace plan that may incorporate jogging at slow paces and incorporating walk breaks as participants build their endurance. Pacers should be able to monitor the group pace and adjust as needed. Ideally, there will be a lead pacer and a rear pacer, however, there

may be times when the participants will need to self-monitor their pacing. At least one pacer from each group should carry a cell phone and should have a GPS watch to monitor speed and distance.

Socializing: This program is meant to be social! Please talk to each other and get to know each other's story. You will be meeting Frederick women of all ages and running abilities. The Frederick Steeplechasers Running Club has resulted in life-long friendships being formed. Please hold conversations to help motivate each other and encourage each other to keep trying. Watch out for each other and let your pace leaders know if you are concerned about someone you may see struggling. If you are a seasoned runner and know a lot of people, make introductions and talk to our newcomers. Don't be nervous – we are all here to help each other. Running together is the best way to stay motivated, especially during the summer heat.

Buddy System: Please make sure you get to know at least a few people at the same pace. Please watch out for each other. Look back to make sure anyone behind you knows the next turn. If you see someone struggling behind you, ask if they are okay. We are running in safe areas and daylight, but we don't want to leave anyone alone.

Leaving Run Early: If you decide to drop out of a run early because you need to leave or you don't feel well, please let someone know. If someone tells you they are leaving early, please let the pace leaders know that they are okay.

Road Safety: Watch for cars, bikes, etc. Do not EVER assume a car sees you and is going to stop, even if you are in a crosswalk. When we are in a group, don't just follow the person ahead of you blindly – look for cars always. We prefer that you run on the sidewalks. If you chose to run in the streets, run on the left side facing the cars and run single file. We are a very large group of women and we must be considerate to all. We are not running a race and the roads will not be blocked off. We should not be hogging the entire street across. Pace leaders should be especially conscious of safety and considerate of drivers. We do not own the road and the drivers should not be expected to have to wait for dozens of runners to cross the road.

Emergencies: If there is an emergency, please loudly call for help so that someone can let the pace leader know. 911 should be called immediately if necessary. At least one pace leader per group should have a cell phone. After 911 is called, please contact Luanne at 240-626-6154 or RoseAnn at 240-575-1022.

Hot and Humid Weather: During the summer months, the weather will be HOT and uncomfortable. This is to be expected and is not a reason to give up. Run slower and hydrate frequently.

Rain and Thunderstorms: The summer thunderstorms are very unpredictable and can come and go very quickly. We will run in the rain. If we hear thunder that is approaching, we will return to our cars and cancel the run. If we are already running

and can't get back to our cars safely, the groups should seek shelter under a small group of trees or bushes and crouch down. You do not want to be out in the open. If we know within 20 minutes that a storm will definitely be coming, we may cancel ahead of the run. Cancellation will be posted on Facebook and through a text message service

Missing Workouts: We will be giving you a workout that has 3 running days. If you miss a workout, please make it up on your own. You will only progress if you follow the plan and commit to run at least 3 times per week.

Other Days: On the non-running days, it is good to add yoga, pilates, walking, cycling, gardening, or swimming. You should also incorporate rest days – rest will help your body recover more quickly so that you will be fresh on the days you run. If you are an experienced runner, you can run up to 5 days a week if this is what you are used to.

Improvements: If you are just starting out running, do not get frustrated in the first couple of weeks. It takes at least 3 weeks of consistent running or run/walking to begin to feel acclimated. Stick with it – don't give up. We have people who started doing 5Ks and have run half marathons now. You can do it. A little pushing and discomfort may be necessary – but not pain. Ask questions if something is bothering you. Ask for advice and talk to each other and your pace leads.

Nutrition: Please make sure that you have a balanced diet, especially on your running days. You need energy or you will feel crappy. Make sure that you consume some carbohydrates between 1-2 hours before our runs. There is plenty of information on the internet about nutrition for runners.

Hydration: This is very important. It is not enough to just hydrate right before or during your run. You must hydrate all day in the summer when you are working out like this. Carry water on our runs or at least have water in your cars for after the run. Typically, a woman should be consuming at least 80 ounces of water per day and more for active days. There are many hydration calculators on the internet you can use.

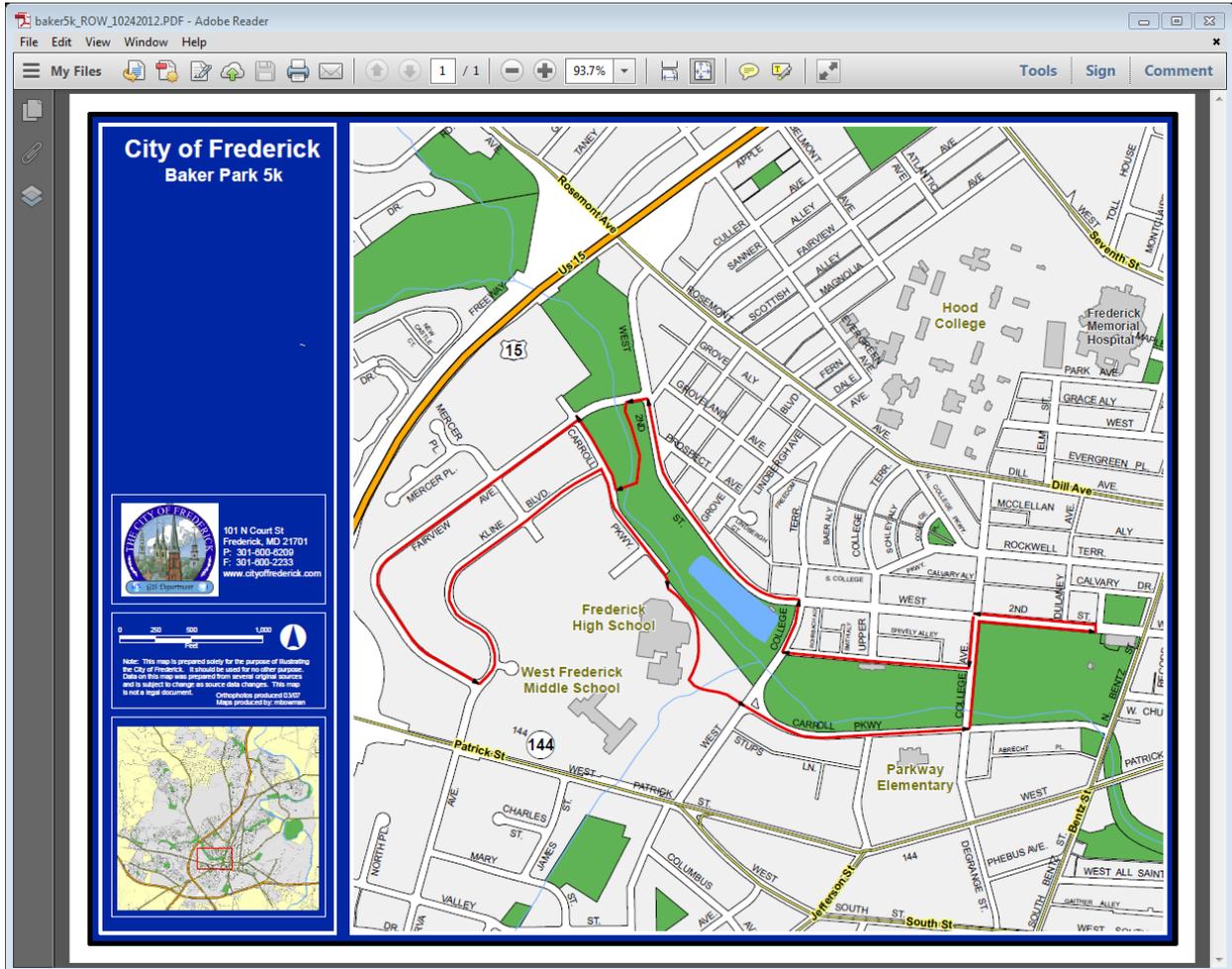
Shoes and Running Clothes: Please be fitted for a good pair of running shoes. Wear a good, supportive sports bra and running shorts and lightweight shirts/singlets.

Shirts: Ordered on-line during registration. Only one order will be placed. We are sorry if you did not place an order, but we will not be taking late orders this year as this has caused problems in the past.

Communications: Our Facebook Group is called Frederick Women's 5K Training Program. Most announcements, tips, events, and daily information will be posted here. E-mail communications will be approximately once a week to layout the general plan for the following week. Feel free to post questions or comments on Facebook.

Running Routes: We will mainly be running in downtown Frederick. Here are the main routes that we will be using.

Standard Baker Park 5K route: We will use this route frequently and build up to it. For the beginners, we will initially cut out the Fairview/Kline loop and eventually add in the extra distance by first turning onto Mercer and then going all the way to Kline.



Mount Olivet Cemetery Route: The distance from Talley Center to the cemetery is 1 mile. The entire cemetery perimeter is 2 miles but can be shortened by cutting through the middle. So runs ranging from 3-6 miles can be easily done.

- Start at Talley Center
- 2nd street towards Bentz Street
- Right on Bentz Street
- Cross Patrick and South Streets
- Left on Madison Street
- Right on Broadway Street
- Enter cemetery through side gate or go to front gate on Market Street

Chose the distance within the cemetery to run (1-4 miles)
Come back out at the front gate and turn left on S Market Street
Left on Fox's Alley
Right on Broadway Street
Left onto Carroll Creek path and continue to Bentz Street
Right on Bentz Street and back to Start

Additionally, there may be times we will meet at Harry Grove stadium and just run in the cemetery. The cemetery is a nice, quiet place where we can easily stay together to work on tempo pace and speed work or to just run a conversational run.

Baker Park plus Carroll Creek Routes:

The Talley Center Block: if you run on the sidewalk bordering the Talley Center/Bandshell block, this is about 0.7 miles. If you take the path within this block, this is about 0.5 miles. These are nice route add-ons if you need a little extra or want a cool-down loop

To Schifferstadt and back: You can run all the way through Baker Park taking the path all the way down to the Schifferstadt Museum and then back to the Talley Center on 2nd street – this is about 2.25 miles.

To Delaplaine and back: You can run down Bentz Street and hope onto Carroll Creek Parkway and run along the creek to the Delaplaine and cross over the bridges and then come back to the Talley Center – this is about 1.5 miles.

If you add these two routes together, you will have about 3.75 miles which makes a nice run.

Fairview/Kline loop of the Baker Park 5K route: This section of the 5K course is exactly one mile, which can make an easy add-on to any run.

Hood College/Baker Park Routes: Running back into the Hood College neighborhood is really nice, shaded and beautiful. It can seem confusing, but you will always end up at either Rosemont Avenue on one side or back at 2nd street on the other side. If you can become familiar with this area, you can zigzag through and make up many pleasant routes. Be very careful crossing Rosemont Avenue especially. Here are a few examples of routes we will use.

Hood College/Baker Park – approx. 3.27 miles

Start at Talley Center
2nd street towards tennis courts
R on College Ave
L on Calvary Alley - stay on this it turns to Rockwell Terr
cross over W. College stay straight
R on Lindbergh Ave
R on Rosemont

L on Hood Alley
straight thru parking lot at Hood (FMH parking is on the right)
L Blazer Trail at Athletic Center(soccer fields on the right)
Cross Magnolia
Cross Fairview
L on Reservoir Alley
R on Evergreen St
L on Culler Ave
L on Rosemont
Cross Rosemont
R Fairview
Straight on Fairview across 2nd
Left on Carroll Pkwy
Right onto Baker Park path past pool
Left onto College Avenue back to Right on 2nd street back to Start

Hood College/Fairview/Baker Park Route – approx. 4 miles

Start at Talley Center
2nd street towards tennis courts
R on College Ave
L on Calvary Alley - stay on this it turns to Rockwell Terr
cross over W. College stay straight
R on Lindbergh Ave
R on Rosemont
L on Hood Alley
straight thru parking lot at Hood (FMH parking is on the right)
L Blazer Trail at Athletic Center (soccer fields on the right)
Cross Magnolia
Cross Fairview
L on Reservoir Alley
R on Evergreen St
L on Culler Ave
L on Rosemont
Cross Rosemont
R Fairview
Straight on Fairview across 2nd
Continue on Fairview as road bends to left (this is part of the Baker Park route)
Left on Kline and continue as road bends to right
Right on Carroll Pkwy
Circle around left side (creek side) of Frederick High past track and straight onto Carroll Pkwy
Left back onto Carroll Pkwy
Left onto W. College Terrace
Right on 2nd street back to start

USATF #MD15003LMJ

Frederick Women's Distance Festival Course Map

Frederick Community College



Sample 8 Week Training Plan – Beginner

Appropriate for Those Who Would Like to: Begin a sustainable running practice; build up to run/walking 3-4 miles; finish first 5k race; or come back from an injury

Instructions:

- The weekly group run workouts are below. If you are not able to attend a group workout, please do it on your own. It's important to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 day of light cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as group workouts), but don't overdo it!
- Take rest days 2-3 days per week (rest and recovery are just as important as the workouts. Listen to your body.)
- All workout runs should be at **easy** pace (easy to breathe and talk)
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience positive and enjoyable.
- Some runs will feel awesome and some not so much, depending on a variety of factors (ie: stress, sleep, heat, humidity, diet, geographic conditions, terrain, etc. It's normal to have an occasional bad run. Hang in there—another good run is around the corner.
- Focus on running for a specific amount of time, not distance
- Prior to doing workouts below, be sure to:
 - Do a 5-minute warm-up walk prior to the group stretch
 - Do 5 minutes of dynamic stretching with group or on your own
- After doing the workouts below:
 - Do a 5-minute cool down walk with group or on your own
 - Do 5 minutes of dynamic or static stretches with group or on your own

Week	Monday	Wednesday	Saturday
#1 June 15-21	Orientation	½ mile pace assessment, then 15 min: 2 run/3 walk (3 times)	20 min: 2 run/3 walk (4 times)
#2 June 22-28	20 min: 3 run/2 walk (4 times)	20 in: 3 run/2 walk (4 times)	25 min: 3 run/2walk (5 times)
#3 June 29-July 5	24 min: 4 run/2 walk (4 times)	24 min: 4 run/2 walk (4 times)	30 min: 4 run/2 walk (5 times)
#4 July 6-12	25 min: 4 run/1 walk (5 times)	25 min: 4 run/1 walk (5 times)	30 min: 4 run/1 walk (6 times)
#5 July 13-19	30 min: 5 run/1 walk (5 times)	30 min: 5 run/1 walk (5 times)	36 min: 5 run/1 walk (6 times)
#6 July 20-26	30 min: 5 run/1 walk (5 times)	24 min: 5 run/1 walk (4 times)	42 min: 5 run/1 walk (7 times)
#7 July 27-August 2	30 min: 5 run/1 walk (5 times)	30 min: 5 run/1 walk (5 times)	30 min: 5 run/1 walk (5 times)
#8 August 3-8	24 min: 5 run/1 walk (4 times)	Rest	WDF 5k Race!

Sample 8 Week Training Plan – Advanced Beginner/Intermediate

Appropriate for Those Who Would Like to: Build their endurance; decrease or eliminate walk breaks; or come back from an injury

Instructions:

- The weekly group run workouts are below. If you are not able to attend a group workout, please do it on your own. It’s important to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 day of light cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as group workouts), but don’t overdo it!
- Take rest days 2-3 days per week (rest and recovery are just as important as the workouts. Listen to your body.)
- All workout runs should be at **easy** pace (easy to breathe and talk).
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience positive and enjoyable.
- Some runs will feel awesome and some not so much, depending on a variety of factors (ie: stress, sleep, heat, humidity, what you’ve eaten, geographic conditions, terrain, etc. It’s normal to have an occasional bad run. Hang in there—another good run is around the corner.
- If you’re having trouble sustaining the running intervals, try slowing down.
- Prior to doing workouts below, be sure to:
 - Do a 5-minute warm-up walk prior to the group stretch
 - Do 5 minutes of dynamic stretching with group or on your own
- After doing the workouts below:
 - Do a 5-minute cool down walk with group or on your own
 - Do 5 minutes of dynamic or static stretches with group or on your own

Week	Monday	Wednesday	Saturday
#1 June 15-21	Orientation	1/2 –mile pace assessment, then 15 min run @ 4 run/1 walk (3 times)	20 min: 4 run/1 walk (4 times)
#2 June 22-28	24 min: 5 run/1 walk (4 times)	24 min: 5 run/1 walk (4 times)	30 min: 5 run/1 walk (5 times)
#3 June 29-July 5	28 min: 6 run/1 walk (4 times)	28 min: 6 run/1 walk (4 times)	35 min: 6 run/1 walk (5 times)
#4 July 6-12	32 min: 7 run/1 walk (4 times)	32 min: 7 run/1 walk (4 times)	40 min: 7 run/1 walk (5 times)
#5 July 13-19	30 min: 9 run/1 walk (3 times)	30 min: 9 run/1 walk (3 times)	44 min: 10 run/1 walk (4 times)
#6 July 20-26	26 min: 12 run/1 walk (2 times)	30 min: 14 run/1 walk (2 times)	45 min: 14 run/1 walk (3 times)
#7 July 27-August 2	20 min run	25 min run	30 min run
#8 August 3-8	30 min: 14 run/1 walk (2 times)	Rest	WDF 5k Race!

Sample 8 Week Training Plan – Intermediate/Experienced

Appropriate for Those With a Strong Running Base Who Would Like to: Build speed, like to PR at the race

Instructions:

- The weekly group run workouts are below. If you are not able to attend a group workout, please do it on your own. It's important to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 days of cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as group workouts), but don't overdo it!
- Take rest days 2-3 days per week (rest and recovery are just as important as the workouts. Listen to your body.)
- All workout runs should be at **easy** pace (easy to breathe and talk), except for tempo and speed work.
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience positive and enjoyable.
- Take walk breaks as you wish or per your standard practice.
- If you would like to take fewer walk breaks but are having trouble doing so, try slowing your pace.
- Prior to doing workouts below, be sure to:
 - Do a 5-minute warm-up walk on your own prior to the group stretch
 - Do 5 minutes of dynamic stretching with group or on your own
- After doing the workouts below:
 - Do a 5-minute cool down walk with group or on your own
 - Do 5 minutes of dynamic or static stretches with group or on your own

Week	Monday	Wednesday	Saturday
#1 June 15-21	Orientation	1/2 –mile pace assessment, then 20 min run	30 min run
#2 June 22-28	30 min run	30 min run	35 min run
#3 June 29-July 5	30 min run	Tempo run: 5 min @ ep, 20 min tempo, 5 min @ ep	40 min run
#4 July 6-12	30 min run	Fartlek exercise: 5 min @ ep, 1 min faster pace, 2 min at ep (5 times), 5 min @ ep	40 min run
#5 July 13-19	30 min run (20 min tempo)	Fartlek exercise: 5 min @ ep, 1 min faster pace, 2 min at ep (5 times), 5 min @ ep	45 min run
#6 July 20-26	30 min run (20 min tempo)	Intervals	45 min run
#7 July 27-August 2	30 min run (20 min tempo)	Tempo run or fartlek exercise (as above)	30 min run
#8 August 3-8	30 min run	Rest	WDF 5k Race!

Message from Past FSRC President, Pamela Geernaert

Welcome. Thank you for signing up for the 5K training program. Any time we sign up for something we are making a commitment. The commitment you made to come to this program is for you – your health and well-being. But it is also a commitment to your family, your spouse and your children and grandchildren. It is a commitment that you will grow to be a healthier you. Yes, you will learn to run, but you will also learn to listen to your body. You will learn to take time to nourish yourself properly and appreciate yourself and what you can do. Along the way I hope you find a few good friends too.

I love to run. I really do. I ran to “stay in shape”. I ran because I’m awful at other sports. I ran to stave off that post-partum baby weight. But somewhere along the way I realized I just love to run. If I’m stuck on a parenting problem (i.e. How to stop my kid from talking back) or a household problem (i.e. How can we rearrange the living room to accommodate the new furniture we inherited) or a money problem (i.e. How can I find a job that combines what I love with being available at 3:00 to pick my kid up from school) I run.

You know what I love as much as, if not more than running, - my running buddies. Some of the sweetest people I know run. People who will wait for you as you duck into a store to use their restroom on a long run. People who will give you water when you run out. People who will slow and walk with you when you are having a tough day, but challenge you and encourage you when they know you have more in you than you are giving on race day. Long hours training have led to some amazing conversations, some very personal realizations and some incredibly funny and embarrassing stories. Knowing your friend is on the corner, in the winter, in the dark, early in the morning, is certainly reason to get out of bed. Running friends truly are the best.

I hope that at the end of this program you have a successful 5K run. But more importantly I hope that you also learn to love running and that you have built some lifelong friendships.

Best in health,
Pamela Geernaert
Frederick Steeplechasers Running Club

FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:

Promoting Running as a Healthful, Challenging, and Enjoyable Activity!

Supporting runners and race directors in Frederick County, MD:

1. By helping to plan and support running events and training programs.
2. By coordinating and providing information about running events and training resources in our area.
3. By helping runners of all types to run, learn, grow, AND HAVE GREAT TIMES TOGETHER!