



## Frederick Steeplechasers Marathon Training Program



**Goal Race:** Baltimore Marathon - Saturday, October 19th

**Information Session:**

Tuesday, July 9th at 5:45 pm - Talley Rec Center - First group run to follow at 6:30 pm

**Program Start Date:** Monday, July 1st

*\*\*Program officially starts July 1st. Due to the holiday week, the Informational Session and Group Run will be July 9th.\*\**

**Program Length:** 16 weeks

**Facebook Page:** FSRC Marathon Training

**Weekly Group Runs:**

- Tuesdays, 6:00 PM, Talley Recreation Center, Baker Park, Frederick
- Saturdays, 7:30 AM, Various locations in or near Frederick. As runs get longer, starting time may be moved to as early as 7:00 AM.

**Coach:**

**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. "When I first began running, I was only able to walk/run for 10 minutes without getting shin splints". However, she continued training on her own and ran her first marathon in 2016. She has run several marathons and half marathons over the past few years. Since then, Andrea has learned so much from so many people and is amazed how everyone is willing to take their time to help each other. Being part of training groups has been one of the best parts of running. 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 allow yourself

to know that you can do it! It's an amazing feeling of accomplishment and achievement after running your race.

**FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

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