

From: Dan Fitzgerald [<mailto:dan@heartbreakhillrunningcompany.com>]

Sent: Monday, December 18, 2017 12:18 AM

Subject: [External] Weeks 3 & 4 | Boston Marathon Training 2018

Hello Team!

Here we are! DAY ONE of Boston Marathon training. First off, congratulations! You're going to run the world's greatest road race. The Boston Marathon unifies and inspires its city and the national running community like no other event. It's the oldest marathon in North America. It's the race of legends: Boston Billy, Joan, Alberto, Catherine the Great, Shalane, Cheruiyot, & Meb. It's not just their race though. It's all of ours. This year, it's your turn to make your mark. Your personal history will forever be interwoven with this 122nd running of the Boston Marathon.

Now, it's time to start training. Hopefully, you've done some running over the past few weeks and you're rested and ready to tackle the big training block from now through April 16th!

Attached here you will find the following:

- 1) Program selection sheet
- 2) Beginner program
- 3) Intermediate program
- 4) Tip sheet (note: substitute any weekday speed workout with the run clubs listed here below; hard work can be a lot more fun with friends!)
- 5) Drills addendum
- 6) Shopping list

Expect to hear from me most Sunday nights with an update and some things to consider. Please read this email through the end because it is packed with details.

SPECIAL SEASON KICK OFF EVENT SATURDAY, 12/16, 9AM at Heartbreak Run Co Newton!

Ten for Toys, a Boston Marathon training kick off and toy drive to benefit Christmas in the City, is Saturday, 12/16, 9AM, Heartbreak Hill Running Company Newton. Registration and info here: tenfortoys2017.eventbrite.com. Christmas in the City is an all volunteer organization that provides presents and an amazing holiday experience to the homeless kids in and around Boston. Help us spread the word!

PROGRAM NOTES:

- The marathon is all about "doing the work". Do the work now because each week builds on the previous week and prepares you for the next. It's critical for you to set a schedule on which you can count and be consistent with that. Every day ask yourself, "what am I doing to make this marathon the best it can be?" Often the answer is "run" but it's important that you run fast, you run slow, you run easy, & you rest. Do all of the little things.

- Take advantage of the group runs offered. They'll make you a better runner and you'll meet people who are in the same boat as you at every pace, every level of fear, excitement, and commitment. Your marathon buddies will color this experience as much as running the race will so come meet them!

TEAM RUNS:

- Wednesday 7:00PM - Heartbreak Hill Running Co, Newton, Hills/Speed (no sign up)
- Thursday 6:30PM - Heartbreak Hill Running Co, South End, Speed, Hills, Drills (no sign up)
- Saturday 9AM - Heartbreak Hill Running Co, Newton, Long Runs (no sign up)

(Choose one speed workout and the long run and commit each week! Take the next couple of weeks to see what you like most. Each one has different flavor.)

Program selection:

Choose the BEGINNER program if any one or more of these apply to you:

- This is your first marathon
- You have never run more than 5 or 10 miles at a time
- You have never run more than 3-4 days per week
- You have run a marathon and you just want to finish this one in one piece no matter how long it takes

Choose the INTERMEDIATE program if you are currently running 4 - 7 days per a week with one run of 9 - 13 miles comfortably and have run a marathon before.

- The intermediate program includes 6 days of running per week. This IS NOT meant to change the amount of days per week you prefer to run. If you are more comfortable running 4-5 days per week you'll simply drop one of the maintenance days and add a mile or two to one of those.

VIDEO CONTENT:

Strength training for runners: <https://goo.gl/d1gf4e> (Great for Mondays)

Post run stretch: <http://goo.gl/BafRQK> (Great 2-3 times a week)

Quick ab routine: <http://goo.gl/JD6cGK> (Great 2-3 times a week)

DETAILED MARATHON PACE CHART: <http://marathonpacechart.com/>

RUNNING PACE CALCULATOR: <http://runsmartproject.com/calculator/>

CONNECT:

<http://instagram.com/coachdanbos>

<http://instagram.com/heartbreakrunco>

<http://www.facebook.com/heartbreakhillrunningcompany>

YOGA:

Yoga provides great benefits for runners. It increases core strength, stretches out the hips, and increases overall flexibility. Try it on Sundays after your long run. If you start incorporating it now, you will be more ready and comfortable doing it during training. Here's a link to Runner's World's Yoga Center: <http://www.runnersworld.com/beginners-yoga-for-runners>
Short 7min recovery yoga for post run: <http://www.runnersworldonline.com.au/recoveryyoga/>

KEY:

PACES referenced:

“Easy” Pace: It’s all in the name, it’s EASY! You can talk/think, it's just a run. Most of your miles are easy. Remember this fact.

“MGP” = Marathon Goal Pace: Not sure what that is for you? Go to the above referenced pace calculator, type in your most recent race and see what it says you may be capable of running for the marathon.

5K/10K paces: This does not need to be an exact science: 5K pace is fairly strong pace that you could do for 3 miles; 10K pace is one you could hold for ~6 miles (therefore, a little easier than 5K pace but still not easy). “Perceived effort” is a good enough guide but use the above pace calculator if you’re looking for something more precise.

Tempo pace: This is a pace you could hold steady for ~10 miles.

What are “strides”? - Strides are gentle accelerators done after a run or after a warm up right before you start a hard workout. When you finish your run, you'll stop and do some light stretching. Find a nice flat stretch of street (or grass or track) that's around 50 - 75 meters long. You'll gently accelerate with each step until you reach 75-85% of your max speed, hold that for 6-10 steps or so, then gradually slow down. Think of it as a Bell curve of acceleration. You'll catch your breath for 30-60 seconds or so, and then do the same thing back to where you started. Each direction is counted as "1" so, out and back is "2". This builds running efficiency, helps shake out the long slow plod of distance running, and will help you feel a little quicker the next day. Elite runners do these as a part of a prerace warm-up and after many runs to keep their legs fresh and firing. For the rest of us, they are a great way to make our legs work differently, opening our stride a little. They should just feel "floaty" and good. It's not an activity during which you should grit your teeth or power through. The goal is to feel fast and light as best you can. At first they may feel awkward but eventually you can use them as a tool to make your legs feel better.

- Both programs are meant to be guides only. There are many ways to train for the marathon. I do not comment on plans from other coaches.

PT Recommendations:

Wellness In Motion Boston: wellnessinmotionboston.com

Joint Ventures Physical Therapy: jointventurespt.com

SAFTEY NOTICE:

Please be vigilant out there training and remember these basics:

- wear bright clothing
- wear lights in the dark (avoid running in the dark if possible)
- assume cars cannot see you and be careful at intersections
- stay on the sidewalk
- opt for a treadmill in foul weather or dark conditions
- don't listen to headphones when running outdoors
- bring identification on the run
- let someone know you're going for a run
- remember, even though it's not dark out, low evening sun can be very dangerous impairing the vision of drivers

Happy running!

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Dan Fitzgerald

Co-Founder/President | Heartbreak Hill Running Company

CAMBRIDGE | NEWTON | SOUTH END

<http://heartbreakhillrunningcompany.com>

<http://twitter.com/CoachDanBOS>

<http://instagram.com/CoachDanBOS>