

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

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

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

One of my favorite things about being a coach is talking to and learning from other coaches. An unlikely source of running wisdom came during a meeting with a Boston Celtics Shamrock Foundation exec. He relayed this story: After the Celtics were swept by Cleveland in the 2015 playoffs (obviously, ancient history), coach Brad Stevens had this to say to the team: "Once you realize the consequences of not doing the little things, you realize there are no little things." I love this. While professional basketball and our running may not seem to share many truths, at their core, as athletic pursuits, fundamentals matter. This is so true in running. Core strength, flexibility, easy days, long days, fast days, icing, foam rolling, eating well, sleeping, keeping your mind sharp... It all matters. It all affects your performance. A strong runner needs a strong body. Take a look at the strength training for runners video below and/or the yoga videos this week if you haven't yet. Better yet, join a live Heartbreak Studio session for your strength/core work in Killer 3s or Power 60. Make them habits. See if you can do some work toward addressing the little things. Monday is a great day for the strength training video or a strength studio class and I prefer to do yoga the day after a long run.

Workout notes for the week:

Again, I can't stress enough, these programs are just guides. Days can be shifted as needed. For instance, if the plan says speed or hills on Tuesday or Wednesday, but you intend to join our Thursday session, you would switch Tuesday/Wednesday to easy days and Thursday would be your hard workout. Any weekday can be substituted for a cross training day (spin, fitness class, stationary bike ride). Listen to your body to help you decide when you should make this type of substitution. Regarding the intermediate program, I wrote 6 days of running to give you an understanding of how 6 days of running can flow. If 6 days is not what you're used to doing, just drop one or two of the days. Be sure to keep one workout day, an easy maintenance day or two, and of course, the long run.

ALWAYS FEEL FREE TO SKIP THE WORKOUTS ON THE SCHEDULE AND COME RUN WITH US! The below "TEAM RUNS" are your team runs. They have begun. Consider this your personal invitation.

**SPECIAL EVENT, TOY DRIVE, 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](http://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!

**TEAM RUNS:**

- Tuesday 6:30AM - Reggie Lewis Center, Roxbury, MA, details: [nike.com/boston](http://nike.com/boston)
- Wednesday 7:00PM - Heartbreak Hill Running Co, Newton, Hills/Speed

- Thursday 6:30PM - Heartbreak Hill Running Co, South End, Speed, Hills, Drills
- Saturday 9AM - Heartbreak Hill Running Co, Newton, Long Runs, distance match all programs

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. All questions about the runs can be found here: [heartbreakhillrunningcompany.com](http://heartbreakhillrunningcompany.com)

#### **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/>

#### **SAFETY 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

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Dan Fitzgerald

Co-Founder/President | Heartbreak Hill Running Company

CAMBRIDGE | NEWTON | SOUTH END

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