

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

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

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

First off, Happy Holidays! Thank you to all of you who joined use for the Ten for Toys run on Saturday. It's important to me that we kick we off this training period, which inevitably has many asks, with some "giving", a day to pay it forward. The Boston Marathon is a powerful fundraising vehicle for organizations both large and small. The generosity and spirit of the runners, the volunteers, the donors, the supporters, and the fans sustain the great work of the non-profits associated with the race. This generosity and support extends well beyond the charity waves in the race. A qualified runner doesn't do all of the work alone either. Kids need watching, water stops need staffing, rides are shared, recovery is tolerated by friends and family... While our sport is considered individual, it's definitely a collective effort that allows us to achieve or goals. So before we get deep into making deposits in our training bank, we make a deposit in the karmic bank in the form of donated toys to Christmas in the City, an all volunteer organization that puts on a massive holiday event for 18,000 children and families in need right here in Massachusetts. Thank you for helping us start our training season with a simple reminder that it's not all about us. Together, we can do better and expect better using our running as a vehicle for doing good.

PLEASE NOTE: this is the email for weeks 3 AND 4. You will hear from me again by Tuesday, 1/2/2018.

Now, with parties and obligations pulling us in all directions over the next two weeks, it can be hard to squeeze in all of our runs. Make sure to do something. If you can't follow the schedule exactly then just do SOMETHING. If you can't run 5 miles but you can run 2, DO IT! Be sure to bridge these next two weeks so that you can refocus as the mileage marches up after the new year.

Resolution Time: For New Year's this year, think about ONE thing you can add to your training plan. Make it something that you aren't doing yet and that you can stick to. Some suggestions:

- easy yoga after a short run once a week
- foam roll before and after at least 1 run per week
- upper body strength training (even just some push ups)
- abs/low back exercises after easy runs twice a week
- stretching series after at least 2 runs
- cross-training day
- take a class at Heartbreak Studio ** promocode below

Maybe shorten a run by one mile and add any one of these. You can make a significant difference in your core strength & flexibility doing one of these things twice a week. Don't consider it lost running time. Consider them a part of a well executed training day. A strong runner is a strong, agile, flexible athlete. You can be better. At any pace, at any age, expect better of yourself. You're training for the world's greatest road race, the Boston Marathon. To that end, add one new thing in 2018.

PROGRAMMING NOTE:

ALL runs are ON through the holidays with the exception of the Tuesday morning Reggie Lewis indoor track session on the 26th. Again, all runs are on. Run details below.

**** WANT TO TRY HEARTBREAK STUDIO FOR FREE?** Use promocode “BOSTONRUNS” when you checkout with a “first class ever” or “single class”. Details here: <https://www.heartbreakhillrunningcompany.com/class-schedule> (must create a mindbodyonline account to use the code)

TEAM RUNS:

- Tuesday 6:30AM - Reggie Lewis Center, Roxbury, MA, details: 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](https://www.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

<http://heartbreakhillrunningcompany.com>

<http://twitter.com/CoachDanBOS>

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