

130  
BOSTON BOBBY  
60

# BOSTON 2026



PURPOSE  
permission



130  
BOSTON BOBBI  
60

# PURPOSE

permission



BOSTON  
2026

# BOSTON

A message from **Coach Marielle Hall**:

Every season, when Boston comes around, I think about the way this race has a habit of changing people. But before Boston ever had the power to rewrite anyone, **someone had to rewrite Boston.**

# 2026

In 1966, **Bobbi Gibb** opened a letter from the B.A.A. telling her she was “not physiologically able” to run 26.2 miles. That a woman’s place wasn’t at the start line. That Boston wasn’t for her. And **she ran anyway.**

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BOSTON BOBBI  
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**PURPOSE**  
permission



# BOSTON 2026

She hid in the bushes, near the starting line in Hopkinton, wearing her brother's shorts and a hoodie to blend in. When the pack began to move, she jumped in quietly unseen, uninvited and started running, and in doing so, rewrote everything the sport believed was possible not just **for women**, but **for anyone who's ever been underestimated**, overlooked, or told they don't belong.

Boston's story changed because Bobbi refused the one she was handed, and that same mix of courage and quiet rebellion still lives in every runner who toes the line today.

**130**  
BOSTON BOBBI  
**60**



PURPOSE  
permission



# BOSTON 2026

Here's the thing I hope you take with you as you start this training cycle:

The Boston Marathon isn't a chapter someone else writes for you. It's a blank page you fill with every mile. It will rewrite your limits. Your belief in yourself. The story you tell about who you are and what you're capable of.

**It rewrites what a marathoner can look like. What strength can look like, and what resilience and belonging can be.**

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BOSTON  
BOBBY



PURPOSE  
permission



# BOSTON 2026

That's why this training plan begins where Bobbi started, **not with permission but with purpose**. This plan won't just get you to a finish line. It will be a process that shapes your identity, mile by mile. And when you finally turn onto Boylston Street, you won't be the same person who started this.


You'll be **stronger. Calmer. Sharper.** More **open.** More **alive.**  
You'll also be someone who wrote their own story. See you out there!

- Coach Marielle

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**PURPOSE**  
permission



A woman with sunglasses and a grey t-shirt is hugging a male triathlete from behind. The triathlete is wearing a white long-sleeved shirt with 'BOSTON' in large red and blue letters, a white cap, and a race bib with the number '02'. He is smiling and holding a water bottle. In the background, other runners are visible on a paved road lined with trees.

**“Nothing compares to Boston: the joy, the pride, the power, the tradition, the course, the hills, the fans, and most of all, the love.”**

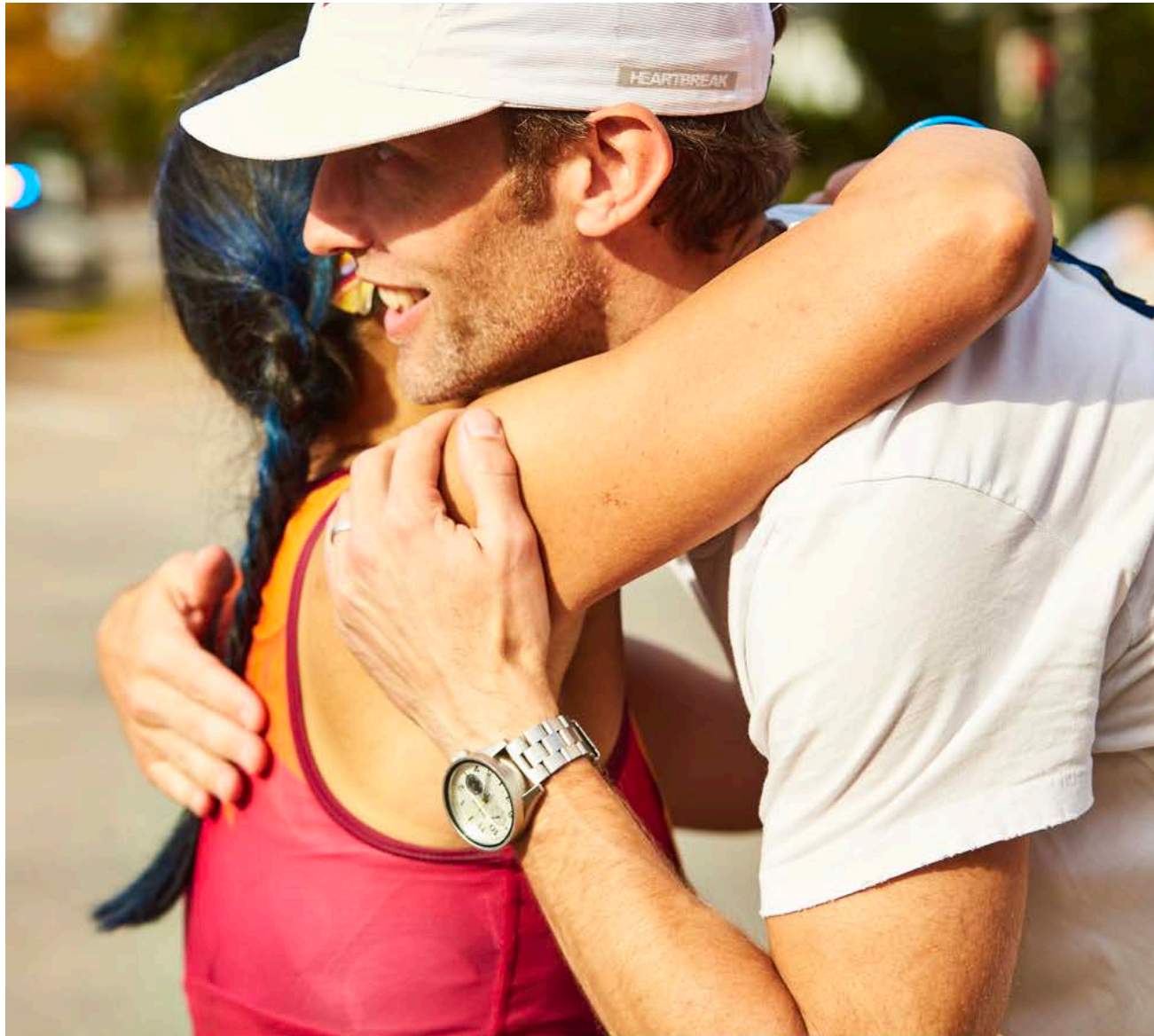
- Coach Dan





# YOUR COACHES

TRAINING PLAN AUTHOR & GUIDES



# Dan Fitzgerald



Co-founder of Heartbreak, Founder & Head Coach of the Heartbreakers. Nike Running Coach. Trusted partner for Mass General Brigham, Red Cross, Joslin Diabetes Center, Beth Israel Lahey Health, Celtics Shamrock Foundation, CYCLE Kids, Cradles to Crayons, YES, Special Olympics, Community Rowing, Home for our Troops, & Boston MedFlight. Leads over 5000 athletes through major marathon journeys every year.



# Marielle Hall



Heartbreak LA GM & Coach. Fearsome competitor on the global stage: Olympian (Rio, 2016), Top American at 2019 Worlds 10,000M (Doha), 15K USATF Road Champ (Gate River, 2020), NCAA Champion (5,000M, 2014), 9-time All-American. Storyteller, writer, & founder of Unexpected Curves, a podcast exploring women's sports & the inspiring stories around it.



We're going to work together for 20 weeks. **The joy is in the journey.** Let it unfold. Commit to what you can do on a daily basis. The answers you need to unlock the Boston Marathon you want will reveal themselves in the process.

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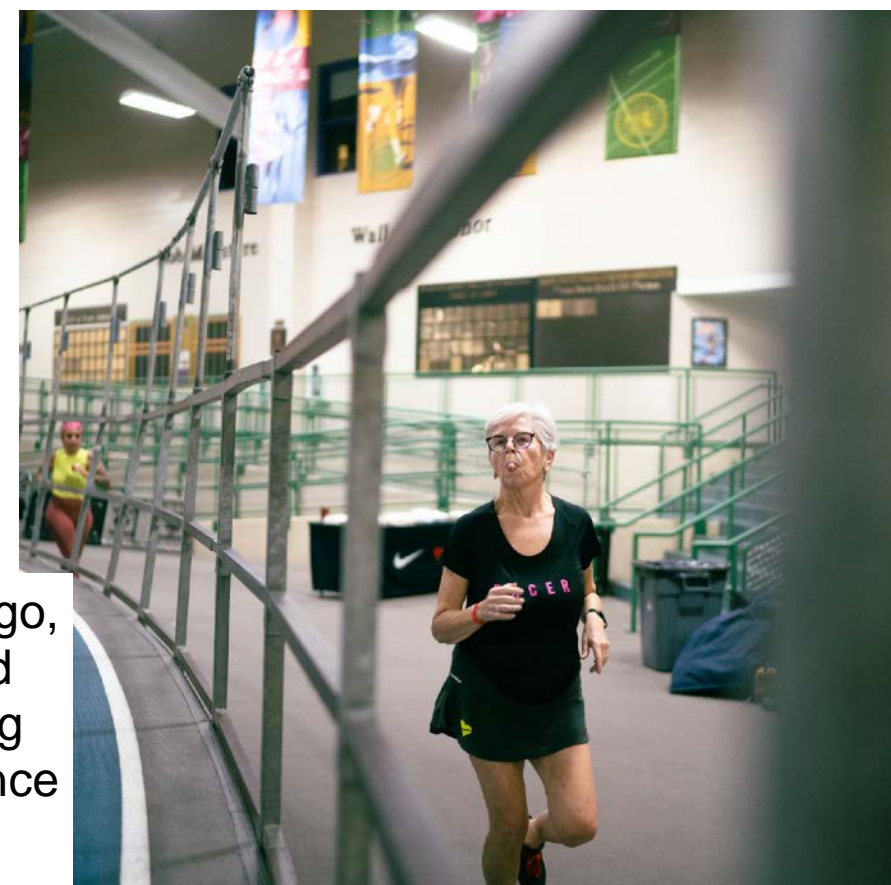
# WEEKLY TRAINING EVENTS

IN BOSTON, CHICAGO. & SANTA MONICA



Every week, Heartbreak hosts long runs & speed sessions in Boston, Chicago, & Santa Monica - all year, all weather. Expect a coach to motivate you and provide direction, fuel to power over the long distances, and proven training methods to make this the most fun and powerful marathon build-up experience of your life. Register for sessions weekly (link goes live on Sunday).

[CLICK TO RSVP](#)





# UPCOMING EVENTS





# SPECIAL EVENTS





# DIGITAL SERVICES

TRAIN ANY WHERE

## COACH DAN ON NRC



## YOGA FOR RUNNERS



## VIDEO TUTORIALS



## IMMERSIVE VIDEOS



# RUNNING SHOES

## OVERVIEW

### RACE DAY

NIKE AIR ZOOM ALPHAFLY NEXT% 3



### SUPPORTIVE CUSHIONING

NIKE AIR ZOOM STRUCTURE 26



### RESPONSIVE CUSHIONING

NIKE AIR ZOOM PEGASUS 41



### MAXIMUM CUSHIONING

NIKE AIR ZOOM VOMERO 18



This is how we organize footwear at Heartbreak. We use video gait analysis and conversation to land on the shoe that will best meet your needs in our fit process. We carry all top footwear brands. Heartbreakers & non-profit partners receive 10% off all purchases in-store & online.



# FUELING THE RUN

FIND YOUR POWER SNACK



One of the main points of difference between a marathon and races shorter than it is the need to fuel for optimum performance. Said another way, if you don't fuel properly during the race, you'll "bonk" or "hit the wall". Use the long runs to find the right power snack that works for you. We provide Maurten at our runs but there are many products out there. Click here to shop Maurten at [heartbreak.run](https://heartbreak.run).



# TRAINING SERVICES OVERVIEW

## PLANS & RESOURCES

- 20 Week Beginner Plan
- 20 Week Intermediate Plan
- Weekly support, motivation, & guidance delivered to your inbox
- **Weekly Coach LIVE Q&A sessions via Zoom (post questions in the forum, Coach Dan answers live once a week, and posts the video after if you can't make the session)**
- Coached & supported Long Runs every Saturday:  
Newton, MA, Chicago IL, Santa Monica, CA - registration & details at [heartbreak.run/runwithus](https://heartbreak.run/runwithus)
- Coached Speed Sessions every Thursday at 6:30PM:  
Boston (South End, Newton, Cambridge)  
Chicago (Lincoln Park)  
Santa Monica, CA  
Registration & details at [heartbreak.splashthat.com](https://heartbreak.splashthat.com)
- **Heartbreaker Virtual Training Center at [heartbreak.run](https://heartbreak.run) (account creation & log-in required; manual activation required)**
  - Digital training library featuring ab videos, strength videos, immersive treadmill/elliptical training videos**
  - Audio guided runs**
  - Yoga for Heartbreakers**
  - Interactive forum for connection and community**
- **10% off all purchases at Heartbreak.Run & Heartbreak Hill Running Company stores**

**Items in red are exclusive to Heartbreaker members and non-profit partners**



AUDIO GUIDED RUNS



FORUM



VIDEO LIBRARY



# CHOOSING A PLAN

## PLANS & RESOURCES

A marathon plan is not an IKEA instruction manual. There are as many ways to train for the marathon as there are marathoners. All of our plans are just guides. Understanding what to expect out of a plan will help you maximize your experience using one. They are suggestions and examples of how you can structure your training. You're the only one who knows the life stress you're under, the time you can allot to running each day, your work and family obligations, and the shifting nature of all of these things. All of that is to say: you need to be your best training advocate. These plans work best when you bend them to your needs. Use Coach LIVE Q&A sessions to help answer questions and fill in any knowledge gaps or answer personal questions.

### BEGINNER PLAN:

This plan is for first-time marathoners or experienced marathoners looking for a more gentle build up to race day. The long run peaks at one 20 mile run. Runners should choose 3-4 days running total at minimum (and that minimum is ok). Each week should include: one speed day, one long run, and the rest of the runs should be easy. Some weeks on the plan include two speed workouts and others one. Choose just one per week if you're new to speed work. The plan is an outline and framework to help you make your best training decisions.

### INTERMEDIATE PLAN:

This plan is for more experienced marathoners who want build a strong level of comfort running very long. Runners who choose this plan should be comfortably running 10 or more miles before the beginning of the plan with a some half and/or full marathon racing experience. 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, simply drop one of the days listed.



# WHAT DO THE PACES MEAN?

## Beginners Guide

A running rule for racing: the shorter the distance, the faster the pace. That doesn't mean when the distance drops by half, your pace is twice as fast. Half marathon pace is usually much closer to marathon pace than what one might think as a new racer. When you're reviewing the training guidance for workouts, here's how the paces go in order (fast to slow): Mile pace, 5K pace, 10K pace, Tempo pace\*, Half Marathon pace, Marathon pace, Easy pace. As you figure it out, plug races and runs into [this calculator](#) & see what it says on the "training" & "equivalent" tabs

## HOW THESE PACES SHOULD FEEL:

A lot of the "work" around hitting a pace isn't staring at the watch and matching your feet to it. It's all about mind/body connection and experience. When it's new, you should mostly just trust the process of learning and remove the pressure to evaluate every workout by pace. Effort is most important. Here's how I think about the paces:

**Mile:** "Fast but relaxed" - you can hold this pace for 4 laps of an outdoor track, that's it. It's aggressive but you shouldn't feel tight in your shoulders, no gritting your teeth. Smooth and fast.

**5K** pace: This is your 3.1 mile pace. If you were on an outdoor track, it would 12.5 laps. It's strong and you get into a rhythm with it.

**10K** pace: Slightly more comfortable than 5K pace, a hair slower. You could hold it for 6.2 miles (10,000m) so, it shouldn't be scary to hit for 1000m. It sneaks up on you though. Work through it.

**Tempo** pace: This is your one hour threshold pace. You could run this pace for one hour. We do a lot of work at this pace on short rest and in the middle of longer runs. Another way to frame it is: you could spit some words back and forth with a running buddy at this pace but you'd rather not. Add to that, if it feels too fast, slow down a hair. Don't overthink it.

**Marathon** pace: This the pace at which you can run 26.2 miles. Everyone wants to hone in on this one. Let it come to you. For many of you, this unfolds as you go through training. For others, it's a bullseye they're always targeting.

**Easy** pace: Easy is a feeling, not a pace. You can recover and have a conversation at this pace. This is always in flux, it varies day to day based on work, stress, and your assignment the day before.



# LONG RUN PROGRESSION

## PLANS & RESOURCES

WEEK	BEG PLAN	BEG PLAN (ALT)*	INT PLAN
1	6	6	10
2	8	8	12
3	10	10	14
4	8	8	10
5	10	8 + 4	14A*
6	12	10 + 5	16
7	8	8	16A
8	12	10 + 6	12
9	14	14	16A
10	10	10	18
11	14	10 + 6	12-16A
12	16	16	20
13	10	10 + 4	15
14	18	16 + 2	20A
15	13	13	13
16	20	16 + 4	20A
17	12	12	13-15
18	8	8	10
19	2	2	2
20	26.2	26.2	26.2


\* BEG PLAN (ALT) - For runners struggling to “go long” in a single run, you can split the weekend mileage.

X + Z means: X miles on Saturday easy pace & Z miles on Sunday starting slow for first mile then building to a 30-45sec faster per mile than the previous day.

“A” denotes an assignment within the run that will be outlined in person & in our weekly email guidance








# HEARTBREAKER | BEGINNER MARATHON PLAN

BEFORE YOU BEGIN:						
PROGRAM NOTES:	LONG RUN NOTES:	SPEED WORKOUT NOTES:	FAQs:	HYBRID TRAINING	STRENGTH WORK	HEARTBREAK.RUN Virtual Training Center
<p>IMPORTANT: You should pick 3 running days M-F, run long on Sat or Sun. Do not increase your days per week running by more than 1 at the start of the plan. Use Coach Foum at Heartbreak.Run to fill in knowledge gaps.</p>	<p>LONG RUNS Every Saturday Heartbreak Run Co Netwon, MA &amp; Chicago, IL.</p>	<p>Refer to workout bank or join our sessions at Heartbreak.</p>	<p>Other cardio (spin, swimming, elliptical) ok to sub for easy days</p>	<p>When you need to skip running because something aches do cardio machines for 1.25x the amount of time it would take to run. If you're able, jog 3 easy minutes on a treadmill (or up to a mile) after to keep running legs engaged and alive!</p>	<p>Strength work is great and will make you a better runner.</p>	<p>Get your running gear</p>
	<p>LONG RUN REGISTRATION &amp; INFO: <a href="http://heartbreak.splashthat.com">heartbreak.splashthat.com</a> for times and info</p>	<p>HEARTBREAK SIGNATURE SPEED: THURSDAY 6:30PM AT LOCAL HEARTBREAK</p>	<p>Many questions will be answered throughout the training process.</p>		<p>A little goes a long way.</p>	<p>Ask coaching questions in the COACH Q&amp;A</p>
	<p>"Easy" means EASY! It's a feeling not a pace. Preferably with NO GPS watch.</p>	<p>Yes, you should go to the long runs. Yes, there are runners just like you there.</p>	<p>Speed makes you more efficient, more powerful, &amp; stronger come long run.</p>		<p>Visit the video section of our virtual training center for ideas</p>	<p>Use the race reports forum to see how other runners feel.</p>
<p>Don't increase your mileage by more than 15% / week at any point.</p>	<p>MGP = Marathon Goal Pace - Not sure what that is? Relax and just run an easy pace.</p>		<p>Always protect your future runs. Listen to your body.</p>	<p>Do any workout on a bike / elliptical / aquajog: 800 = 4min, 400 = 2min, 200=1min</p>		
<p>Don't go more than 3 "high" mileage weeks in a row without a "low" week</p>	<p>Be patient. You'll find your pace.</p>		<p>This plan assumes you normally run 30-40 mpw, and will peak 50-55 mpw</p>	<p>Adjust your effort to match the paces, it doesn't need to be exact.</p>		
Notes:						
 <p>DEVELOPING WHAT YOU THINK IS AN INJURY? Protect your marathon! Take time easy/off and go see a professional ASAP! Visit HEARTBREAK.RUN for all your running needs. Chat with runners, ask coaching questions, and find a wealth of video resources in the forum &amp; virtual training center.</p>						




# HEARTBREAKER | BEGINNER MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/8/25	Week 1					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 3 - 5 miles, Heartbreaker abs	 HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	6 miles easy 	OFF or Yoga for Heartbreakers or 2-4 miles
12/15/25	Week 2		JOG & NOG 	FIRST FIREHOUSE		
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 6 miles	EASY 3 - 5 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	8 easy	OFF or Yoga for Heartbreakers or 2-4 miles
12/22/25	Week 3					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 3 - 5 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	10 miles easy	OFF or Yoga for Heartbreakers or 2-4 miles
12/29/25	Week 4					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 6 miles	EASY 3 - 5 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	8 miles easy	OFF or Yoga for Heartbreakers or 2-4 miles
1/5/26	Week 5	REGGIE SESSIONS START				
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 3 - 5 miles, Heartbreaker abs 	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	10 miles easy	OFF or Yoga for Heartbreakers or 2-4 miles
	Notes:					
	Phase I: LAY THE FOUNDATION					




# HEARTBREAKER | BEGINNER MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/12/26	Week 6					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 6 miles	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	12 miles	OFF or Yoga for Heartbreakers or 2-4 miles
1/19/26	Week 7					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	8 miles; comfortable pace	OFF or Yoga for Heartbreakers or 2-4 miles
1/26/26	Week 8					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 6 miles	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	12 miles	OFF or Yoga for Heartbreakers or 2-4 miles
2/2/26	Week 9					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	14 miles	OFF or Yoga for Heartbreakers or 2-4 miles
2/9/26	Week 10					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 6 miles	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	10 miles; Hone in on MGP for 4 miles	OFF or Yoga for Heartbreakers or 2-4 miles
	Phase II: BUILD STRENGTH & COMFORT OVER DISTANCE					




# HEARTBREAKER | BEGINNER MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/16/26	Week 11					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	14 miles	OFF or Yoga for Heartbreakers or 2-4 miles
2/23/26	Week 12					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	16 miles	OFF or Yoga for Heartbreakers or 2-4 miles
3/2/26	Week 13					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 8 miles	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	10 miles; MGP for last 4 miles	OFF or Yoga for Heartbreakers or 2-4 miles
3/9/26	Week 14					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	18 miles	OFF or Yoga for Heartbreakers or 2-4 miles
3/16/26	Week 15				START LINE BUS RUN	
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 8 miles	EASY 4 - 6 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	13 miles; Hone in MGP for last 4 miles	OFF or Yoga for Heartbreakers or 2-4 miles
	Notes:					
	Phase III: GO LONG.					



# HEARTBREAKER | BEGINNER MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3/23/26</b>	Week 16					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 5 - 7 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	20 miles; LONGEST LONG RUN!	OFF or Yoga for Heartbreakers or 2-4 miles
<b>3/30/26</b>	Week 17				LONGEST LONG RUN	
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	EASY 4 - 8 miles	EASY 5 - 7 miles, Heartbreaker abs	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	12 miles; warm up 4 miles, next 8 @ MGP	OFF or Yoga for Heartbreakers or 2-4 miles
<b>4/6/26</b>	Week 18					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	EASY 5 - 7 miles, Heartbreaker abs or DAY OFF	HEARTBREAKER WORKOUT OF THE WEEK (See workout bank)	Heartbreaker Abs	8 miles; last 4 @ MGP	OFF or Yoga for Heartbreakers or 2-4 miles
<b>4/13/26</b>	Week 19					
EASY 2 - 4 miles, 4x strides, abs or DAY OFF (if you ran Sunday)	DYNAMIC WARM UP; 3 miles @ MGP; 4x 200 @ 5K pace, 200 easy recovery btwn each	4 - 5 miles 6 x strides	DYNAMIC WARM UP; 1.5 miles @ 5K pace; recover; cool down	OFF	Day off or Dynamic Warm up (10 min running easy)	HEARTBREAK SHAKEOUT
<b>4/20/26</b>	Week 20					
BOSTON MARATHON	Take a at least 5 days off completely.					
	Notes:					
	Phase IV: FINISH STRONG. TAPER SMART.					



# HEARTBREAKER |BEGINNER MARATHON PLAN

## WORKOUT BANK:


Every workout should begin with:  
10-20 minutes of easy jogging  
Active stretching  
Dynamic drills  
2 - 4 strides  
Start assignment  
Every workout should end with:  
10-20 minutes of easy jogging  
(optional) Abs/Planks/Fire hydrants  
Static stretch routine

## WORKOUTS:

<b>Week 1</b>	TUES - 10x (1 min @ 10K pace followed by 90 seconds "easy") THURS - 8 min tempo pace; 4 min easy jogging; 8 min tempo pace; 4 min easy; 6 x 20 seconds strong, 40 seconds recovery
<b>Week 2</b>	THURS - 6x 60 seconds steady 10K effort up hill, easy jog down recovery; 4 x 30 seconds @ 5K effort, easy jog down recovery
<b>Week 3</b>	TUES - Hills: 2x 2min up, 4x 1min up, 6x 40sec up; faster as time gets shorter; easy jog down recovery; 2min @ 10K effort; 1 min @ 5K effort; 40 sec @ FAST! THURS - 1 mile tempo, 2 min break, 3 x 60 seconds up hill @ 10K effort, jog down recovery, 1 mile tempo, 2 min break, 3 x 60 seconds up hill @ 10K effort, jog down recovery
<b>Week 4</b>	THURS - 6 x 800m @ 5K pace; 400m easy jog recovery between each
<b>Week 5</b>	TUE - 2 x (8 min @ MGP, 2min easy), 6 x (30 seconds strong, 60 seconds easy) THURS - 12 x (1 min @ 10K pace; 1 min easy jogging)
<b>Week 6</b>	THURS - 3 mile tempo run on the track; 3 min break; 4 x 200 @ 5K pace, 200m jog
<b>Week 7</b>	TUES - 5 min @ MGP, 2 min easy jog recovery, 6 x 30 sec @ 5K pace, 30 sec easy recovery; 5 min @ MGP, 2 min easy jog, 6 x 30 sec @ 5K pace, 30 sec easy recovery THURS - 12 min tempo pace; 4 min easy jogging; 12 min tempo pace; 4 min easy; 6 x 20 seconds strong, 40 seconds recovery
<b>Week 8</b>	THURS - 4x 800m (Paces: 5K, MGP, 5K, MGP, easy Jog recovery ~1:30-2min btwn each); 8 x 200m (Paces: MGP, 5k, 5K, mile) 200 m jog recovery
<b>Week 9</b>	TUES - Hills; 4x 2min up, 4x 1min up, 4x 30sec up; faster as time gets shorter; easy jog down recovery; 2min @ 10K effort; 1 min @ 5K effort; 30 sec @ FAST! THURS - 90 seconds up hill @ 10k effort, 60 seconds @ 5K effort, 30 seconds at mile pace effort, jog down recovery btwn each 3 sets
<b>Week 10</b>	THURS - 4x 800m (10k pace) 400 meter jog rest after 800s; 3min standing set break; 2x 800 (10K pace) 400m jog recovery; 4x200 (5k pace); 200m jog recovery
<b>Week 11</b>	TUES - 10 x 60 seconds at 5K pace , 60 seconds easy recovery between each THURS - 1 or 2 mile (MGP), 3 min slow jog rest, 800m (10k), 2 min jog rest, 400m (5k), 3 min jog rest, 1 or 2 mile (MGP), 3 min rest, 4x strides
<b>Week 12</b>	TUES - 6x Long Hills (2-3min effort up hill or ~400m), easy jog down, 10K pace effort for uphill; 4x short hill faster (mile pace; 30 seconds up or ~100m) THURS - 2 mile tempo run on the track; 3 min break; 6 x 200 @ 5K pace, 200m jog
<b>Week 13</b>	THURS - 8 x 800m @ 5K pace; 400m easy jog recovery between each
<b>Week 14</b>	TUES - 10 x 90 seconds @ 10K effort up hill; easy jog down recovery btwn each one THURS - Hills; 4x 2min up, 4x 1min up, 4x 30sec up; faster as time gets shorter; easy jog down recovery; 2min @ 10K effort; 1 min @ 5K effort; 30 sec @ FAST!
<b>Week 15</b>	THURS - 6 min @ MGP, 2 min easy jogging, 6 min @ MGP, 2 min easy jogging, 6 x 200 @ 5K effort; 200 easy (or 6x 1min @ 5K effort / 1 min easy jog)
<b>Week 16</b>	TUES - 10 x 800m @ 5K pace; 400m easy jog recovery between each THURS - 8 x 60 seconds @ 10K pace, 60 seconds easy recovery between each
<b>Week 17</b>	THURS - 1 mile (MGP), 3 min jog rest, 400m (10k), 2 min jog rest, 400m (5k), 2min jog rest, 400 (mile pace) 2 min jog rest, 1 mile (MGP), 3 min rest, 4x strides
<b>Week 18</b>	TUES - 4x 800m (Paces: 5K, MGP 5K, MGP), 1 min break; 12 x 200m (Paces: MGP, 5k, 5K, mile) 200 m jog recovery THURS - 10 min @ MGP, 2 min rest; 6 x 200m @ 5K pace, 200m easy jog recovery; 10 min @ MGP, 2 min rest; 6 x 200m @ 5K pace, 200m easy jog recovery





# HEARTBREAKER | INTERMEDIATE MARATHON PLAN

BEFORE YOU BEGIN:						
PROGRAM NOTES:	LONG RUN NOTES:	SPEED WORKOUT NOTES:	FAQs:	HYBRID TRAINING	STRENGTH WORK	HEARTBREAK.RUN Virtual Training Center
IMPORTANT: This plan is written to show how 6 days of running should flow - you can follow this plan and run 4-5 days. Don't do hard workouts back to back. Use Coach Fourn at Heartbreak.Run to fill in gaps.	LONG RUNS Every Saturday Heartbreak Run Co Netwon, MA & Chicago, IL.	Refer to workout bank or join our sessions at Heartbreak.	Other cardio (spin, swimming, elliptical) ok to sub for easy days	When you need to skip running because something aches do cardio machines for 1.25x the amount of time it would take to run. If you're able, jog 3 easy minutes on a treadmill (or up to a mile) after to keep running legs engaged and alive!	Strength work is great, and will make you a better runner.	Get your running gear
	LONG RUN REGISTRATION & INFO: <a href="http://heartbreak.splashthat.com">heartbreak.splashthat.com</a> for times and info	HEARTBREAK SIGNATURE SPEED: THURSDAY 6:30PM AT LOCAL HEARTBREAK	Many questions will be answered throughout the training process.		A little goes a long way.	Ask coaching questions in the COACH Q&A
"Easy" means EASY! It's a feeling not a pace. Preferably with NO GPS watch.	Yes, you should go to the long runs. Yes, there are runners just like you there.	Speed makes you more efficient, more powerful, & stronger come long run.	Each day has a range of miles and it's ok to do less.		Visit the video section of our virtual training center for ideas	
Don't increase your mileage by more than 15% / week at any point.	MGP = Marathon Goal Pace - Not sure what that is? Relax and just run an easy pace.		Always protect your future runs. Listen to your body.	Do any workout on a bike / elliptical / aquajog: 800 = 4min, 400 = 2min, 200=1min		
Don't go more than 3 "high" mileage weeks in a row without a "low" week	Be patient. You'll find your pace.		This plan assumes you normally run 30-40 mpw, and will peak 50-55 mpw	Adjust your effort to match the paces, it doesn't need to be exact.		heartbreak.run is our resource center and forum.
	Notes:					
	DEVELOPING WHAT YOU THINK IS AN INJURY? Protect your marathon! Take time easy/off and go see a professional ASAP! Visit HEARTBREAK.RUN for all your running needs. Chat with runners, ask coaching questions, and find a wealth of video resources in the forum & virtual training center.					




# HEARTBREAKER | INTERMEDIATE MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/8/25	Week 1					mileage 30-35
3 - 5 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	3 - 5 miles easy	 WORKOUT OF THE WEEK + DRILLS +core + hips	2 - 4 miles easy	10 miles	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
			JOG & NOG		FIRST FIREHOUSE	
12/15/25	Week 2					mileage 33-38
3 - 5 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	3 - 5 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	2 - 4 miles easy, abs, hips	12 mile	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
12/22/25	Week 3					mileage 36-41
3 - 5 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	4-6 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	2 - 4 miles easy, abs, hips	14 miles	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
12/29/25	Week 4					mileage 39-44
3 - 5 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	4-6 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	2 - 4 miles easy, abs, hips	10 miles	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
1/5/26	Week 5					mileage 30-35
3 - 5 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	4 - 6 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	3 - 5 miles easy, abs, hips	14 mi progression: slow for 1st 7, work to MGP for 4, a little stronger remaining miles	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
REGGIE SESSIONS START						
Notes:						
 Phase I: LAY THE FOUNDATION. This phase is building your base. No single workout or single week of mileage should be too taxing during this phase. The purpose of this phase is to build general strength and general endurance to prepare you for the more challenging parts of the cycle.						




# HEARTBREAKER | INTERMEDIATE MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/12/26	Week 6					mileage 36-41
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	4 - 6 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	3 - 5 miles easy	16 miles comfortable	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
1/19/26	Week 7					mileage 39-44
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	4 - 6 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	3 - 5 miles easy	16 mi progression: 6 easy; 5 progress from easy to MGP, 5 at or faster than MGP	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
1/26/26	Week 8					mileage 42-47
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	4 - 6 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	3 - 5 miles easy	12 miles; 6x strides post run	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
2/2/26	Week 9					mileage 33-38
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	5 - 7 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	3 - 5 miles easy	16 mile run; after mile 8, alternate (mile@tempo, mile@steady (near MGP, comfortable hard). So tempo miles 9, 11, 13, 15	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
2/9/26	Week 10					mileage 39-44
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	5 - 7 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	3 - 5 miles easy	18 miles comfortable pace	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
	Notes:					
	Phase II: BUILD STRENGTH & COMFORT OVER DISTANCE This phase is expanding on the base you built in phase 1. The workouts are similar paces to phase I but longer; the long runs re also longer. Phase I was introducing different types of workouts; this phase is extending each of those workouts.					




# HEARTBREAKER | INTERMEDIATE MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/16/26	Week 11					mileage 42-47
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	5 - 7 miles easy (add 6 strides if Tuesday was easy)	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	12-16 mile progression run; 1st 6-10 miles easy; each of last 6 miles faster than previous mile. Learn to finish strong.	Off or Yoga or Cross Training
2/23/26	Week 12					mileage 45-50
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	5 - 7 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	20 miles	Off or Yoga or Cross Training
3/2/26	Week 13					mileage 33-38
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	6 - 8 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	13-15 miles; can pick up the last 15 minutes if you feel good	Off or Yoga or Cross Training
3/9/26	Week 14					mileage 42-47
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	6 - 8 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	"Time on feet" - Run for the amount to time you're planning to race the marathon but run slowly (1min+ slower per mile) 3:00-3:15 max time (or 20mi EASY)	Off or Yoga or Cross Training
3/16/26	Week 15					mileage 45-50
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	6 - 8 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	12-14 miles: finish last 2-4 miles stronger at ~MGP	Off or Yoga or Cross Training
						START LINE BUS RUN
	Notes:					
	Phase III: GO LONG. The mid-week workouts are very similar effort to those in Phase II, but are slowly targeting longer and slower efforts; and the long runs are getting longer and more consistently are a harder effort. This phase is to translate the fitness built in Phase II into strength that will get you through a marathon.					



# HEARTBREAKER | INTERMEDIATE MARATHON PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3/23/26</b>	Week 16					mileage 48-53 PEAK
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	6 - 8 miles easy	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	LAST LONG RUN! Easy 1st 5 miles; MGP for next 10 miles; last 5 hold at MGP or stronger!	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
					<b>LONGEST LONG RUN</b>	
<b>3/30/26</b>	Week 17					mileage 42-47
4 - 6 miles easy, 4 x strides, Heartbreaker abs OR OFF (if ran Sunday)	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	4 - 6 miles easy (add 6 strides if Tues was easy)	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	13 - 15 miles, warm up for 3-5 miles then progress to MGP for remainder of run	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
<b>4/6/26</b>	Week 18					mileage 36-41
5 - 8 miles, 4 x strides, abs	HEARTBREAKER WORKOUT OF THE WEEK (SEE WORKOUT BANK)	DAY OFF	WORKOUT OF THE WEEK + DRILLS +core + hips	4 - 6 miles easy	8 - 10 miles; last 5 miles aim for MGP	OFF or cross train or yoga for Heartbreakers or easy 3 - 5 miles
<b>4/13/26</b>	Week 19					mileage 25-30
4 - 6 miles easy, 6 x strides, abs, last day for strength training. When it doubt, do less	Dynamic Warm up; 3 miles @ MGP->tempo; 3 min rest; 6 x 200 @ 5K, 200 easy jog recovery	3 - 5 miles easy	DYNAMIC WARM UP; 25 minute progression from easy to MGP, 4x30s strong, 60s easy jog	3 - 4 miles	DAY OFF	HEARTBREAK SHAKEOUT
<b>4/20/26</b>	Week 20					
<b>BOSTON MARATHON</b>	Recover - no running					
	<b>Notes:</b> Phase IV: FINISH STRONG. TAPER SMART. There are a few key workouts you'll do during this phase, but for the most part, the work is done. Everything in Phase IV is to get you to the start line fit, rested, and confident.					



# HEARTBREAKER | INTERMEDIATE II MARATHON PLAN

## WORKOUT BANK:

Every workout should begin with:  
10-20 minutes of easy jogging  
Active stretching  
Dynamic drills  
2 - 4 strides

Every workout should end with:  
10-20 minutes of easy jogging  
(optional) Abs/Planks/Fire hydrar  
Static stretch routine

Note: "->" means to progress as the workout goes. E.g. 3 miles@ (marathon->tempo) means that the beginning of the rep should be at MGP & the end at tempo pace

### WORKOUTS:

#### Week 1

3 Tuesday 12 x (1 min @ 10K pace; 1 min easy jogging)

6 Thursday Light Progression: 45 minutes of continuous running, pick up the last 15-20 minutes to a steady pace (speed limit=tempo); 4 min jog. 6 x 20 seconds strong, 40 seconds recovery

#### Week 2

4 Tuesday 6x(90 seconds up hill @ 10K effort; easy jog down); 2x(30 seconds @ mile effort up hill, easy jog down recovery); 10 minutes @ marathon

4 Thursday 6x(3 min @ tempo->10k pace, 2 min regular (not easy) pace recovery)

#### Week 3

4 Tuesday 12x400 done in sets of 3; 4x(400@10k with 100m jog recovery, 400@5k with 100m jog recovery, 400@ (between 5k & mile) with 400 jog recovery)

5 Thursday 2 miles MGP-> tempo, 2 min break, 2 x 60 seconds up hill @ 5K effort, jog down recovery, 2 miles MGP->tempo, 2 min break, 2 x 60 seconds up hill @ 5K effort, jog down recovery

#### Week 4

5 Tuesday 200 @ mile pace, 400 @ 5K pace, 800 @ 10K pace, 3 mile @ MGP, 800 @ 10K pace, 400 @ 5K, 200 @ mile pace (1 min rest after each interval)

7 Thursday 3 miles @ marathon->tempo pace, 5 min easy running, 3 miles @ tempo pace

#### Week 5

6 Tuesday 1600 @ 10K pace, 60s rest, 1 mile tempo, 60s rest, 1200 @ (between 10k and 5k pace), 60s rest, 1 mile tempo, 800 @ 5K pace, 60s rest, 1 mile tempo run, 60s rest, 400 @ fast!

5 Thursday Light Progression: 45 minutes of continuous running, pick up the last 15-20 minutes to a steady pace (speed limit=tempo)

#### Week 6

4 Tuesday 8 x 2min up hill @ 10K effort, easy jog down

4 Thursday 4 x 400m build ups (1st 200 @ 10K, next 100 @ 5K, next 100 stronger), walk/jog 200m recovery btwn each; 2 miles: jog turns easy, stride straight-aways @ 5k->mile pace

#### Week 7

5 Tuesday 4xbroken mile; 4x(600@10k with 100m jog recovery, 600@5k with 100m jog recovery, 400@ (between 5k & mile) with 400 jog recovery)

5 Thursday 12 min tempo pace; 4 min easy jogging; 12 min tempo pace; 4 min easy; 6 x 20 seconds strong, 40 seconds recovery

#### Week 8

4 Tuesday 5x(90s uphill at 10k effort, 90s rest; strong pace DOWN HILL (lean down the hill slightly, straight strong posture, quick lights steps, learn downhill efficiency), 2:00 rest); 2 miles @ tempo

5 Thursday 5 x [4 min @ tempo pace, 1 min easy, 2 min @ 10K pace, 1 min easy]

#### Week 9

6 Tuesday 3 miles @ marathon -> tempo, 3 minutes jog, 5x(1:00@5k, 1:00 easy), 3 minutes jog, 2 miles @ tempo->10k

4 Thursday 4 x 600m build ups (1st 200 @ 10K, next 200 @ 5K, next 200 stronger), walk/jog 200m recovery btwn each; 2 miles: jog turns easy, stride straight-aways @ 5k->mile pace

#### Week 10

6 Tuesday 6x 800m (10k pace) 400 meter jog rest after 800s; 3min standing set break; 8x200 (5k pace); 200m jog recovery

6 Thursday Hills: 2x 2min up @ 10k effort up, 3x 1min up @ 5k effort, 4x 40sec up @ mile effort; easy jog down recovery; then 2 miles @ tempo

#### Week 11

5 Tuesday 2 mile (MGP), 3 min slow jog rest, 800m (10k), 2 min jog rest, 400m (5k), 2min jog rest, 200m (mile pace) 2 min jog rest, 2 mile (MGP->tempo), 3 min rest, 4x strides

3 Thursday 2 x [4 x (60 seconds @ 10k, 30 seconds moderate recovery), 2:00 easy jog]; 4x[30 seconds @ 5k->mile, 60s recovery jog]

#### Week 12

5 Tuesday 10x Long Hills (2-3min effort up hill or ~400m), easy jog down; 10K pace effort

5 Thursday 12 min @ MGP, 2 min easy jog, 6 x 30 sec @ 5K pace, 30 sec easy recovery; 12 min @ MGP->tempo, 2 min easy jog, 6 x 30 sec @ 5K pace, 30 sec easy recovery

#### Week 13

2 Tuesday 3x (60s uphill @ tempo, easy jog down; 60s uphill @ 10k, easy jog down; 60s uphill @ 5k, 90s rest; strong downhill, 90s rest)

7 Thursday Progression: 60m of running, picking up the second half so the last 30m starts at marathon and ends at tempo (~15m at tempo). Strides afterward

#### Week 14

5 Tuesday 2x(1600@tempo, 3x800m@10K pace; 200m easy jog recovery between each), 3:00 rest between sets.

4 Thursday Hills: 4x 2min up @ 10k effort, 4x 1min up @ 5k effort, 4x 30sec up @ mile effort; easy jog down recovery

#### Week 15

7 Tuesday 16 min tempo pace; 4 min easy jogging; 5x(1:00@5k, 1:00 easy), 4 min easy, 16 min tempo pace; 4 min easy; 5 x 20 seconds strong, 40 seconds easy

5 Thursday 4x(3:00@tempo->10k pace, 2:00 moderate recovery), 4x(1:00@5k pace, 1:00 recovery)

#### Week 16

6 Tuesday 6x Long Hills (2-3min effort up hill or ~400m), easy jog down; 10K pace effort. 3m @ MGP->tempo after

3 Thursday 12 x (1 min @ 10K pace; 1 min easy jogging)

#### Week 17

5 Tuesday 3 x (6 min @ MGP->tempo, 2 min easy, 2 min @ 10k->5k, 2 min easy)

4 Thursday 3 mile tempo run on the track; 3 min break; 4x acceleration 300s (100@10k, 100@5k, 100@mile) with 100 walk/jog rest

#### Week 18

5 Tuesday 25 minute continuous run: start at tempo pace, progress to ~10k. "Devil's Workout"

6 Thursday 2x(1600@tempo, 800 moderate recovery, 400@10k, 400 moderate recovery, 400@5k, 2:00 rest). 800 of jog turns, stride straights after



130  
60

BOSTON  
BOBBI

PURPOSE  
permission



SEE YOU HERE ON APRIL 20th!

