

From: Dan Fitzgerald <dan@heartbreakhillrunningcompany.com>

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To: undisclosed-recipients;;

Subject: [External] Week 12 | Boston Marathon Training 2018

For the beginners in particular, this weekend's 15 miler was a tough run. My hardest training run ever, the one that made me question if 26.2 was attainable, was my first 15 miler. Stay the course. You're getting stronger each and every run.

In week 12, we're all going longer than we have at any previous point in the program. YOU ARE READY. YOU ARE PREPARED. The goal for the upcoming week is the same as all of the others: 1-3 maintenance runs (or cross-training), 1-2 speed days, and long day. While this is the "longest" run of the program thus far, it's only a mile or two longer than your previous longest run. You are ready.

The goal for the long run this week is to hit the distance; relax and hit the distance. There is no need to obsess over pace on this one. Remember, you will run far and it will take a long time. You may feel a new level of fatigue by the end of this run and that's ok. These long runs are building your capillary count, increasing your ability to deliver oxygen to your muscles.

We are still working hard during the week and pushing to new distances on the weekends. This will change just 5 weeks from Saturday when we begin to taper. 8 weeks from President's Day, you will run the Boston Marathon. That's feels very close but there's no reason to get ahead of yourself. Focus on your task just today. Do that every day.

Nutrition is critically important as the runs get over 15-16 miles and I'm not just talking about during the run.

The day before:

- hydrate all day
- eat enough good food (complex carbs, veggies, protein; don't let life get in the way of your fuel)
- eat a healthy dinner that night (plenty of carbs, some protein, some vegetables)

The morning of the run:

- have a glass of water when you wake up
- eat breakfast an hour and a half to two hours before the run

During the run:

- hydrate throughout (have a plan: are you stopping somewhere? wearing a hydration belt? do you know where the water fountains are?)
- Find the power snack that works (Maurten, GU, Honey Stinger, Clif Blocks, Sport Beans, caffeine? no caffeine? We carry all of these at Heartbreak.)
- You should be using AT LEAST two if not 4 snacks for this run

After the run:

- Eat some carbs and protein. There's a magic half hour window during which your body absorbs the nutrients you eat very quickly and gets the fuel it needs to repair itself after the long run. Do not wait too long to eat.

I've been getting a lot of questions about shoes lately. Running sneakers are good for about 300-500 miles. If your shoes were new in Nov/Dec you're probably due for a new pair. With 8 weeks to go, at an average of 30 miles a week, a new pair now will probably be close to the end of its life by race day. Plan accordingly. The right shoe is important and we're here to help you at any Heartbreak location. Shoes are the easy part. Keep them fresh for happy feet.

RUN REGISTRATION LINKS:

SPEED RUN (Workout), Tuesday, 6:34AM, Reggie Lewis Center: speedrun.splashthat.com

LONG RUN (Training Run), Saturday, 9:00AM, Heartbreak
Newton: longrun.splashthat.com (distances always match the plans you were provided in the week one email; please, obey posted parking laws)

OTHER RUNS (these runs don't have registration):

- Wednesday 7:00PM - Heartbreak Hill Running Co, Newton, Hills/Speed
- Thursday 6:30PM - Heartbreak Hill Running Co, South End, Speed, Hills, Drills

VIDEO CONTENT:

Full length treadmill workouts, instructional videos, ab workouts, and more can be found at heartbreakersrun.com. Registration details below.

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/>

HEARTBREAK STUDIO:

Find out more about Heartbreak Studio, check out the schedule, and purchase classes or packs here: <https://www.heartbreakhillrunningcompany.com/class-schedule>. WE NOW OFFER 2 HOUR OPEN TREADMILL BLOCKS at a single class rate to help you get out of the elements in the safety and warmth of the studio. Get your run done on a Woodway treadmill and take advantage of all of the amenities at Heartbreak Studio Cambridge.

HEARTBREAKER PORTAL:

Get your Heartbreaker Portal Access (through 4/17/18): Now you have a powerful bank of training tools at your finger tips including full length treadmill classes, short form exercise and instructional videos, and much more. To get access:

- Go to heartbreakersrun.com
- Click "Sign Up"
- Enter the same email at which you receive my newsletter
- Choose a password

** JUST ADDED: Road to Boston page & pre-run warm-up video **

- NOTE: approval is manual so there is a delay in access; we will be cross-checking all requests against my team email list so it's important that you use the same email address as the one I email you here. Access will be granted within 48 hours of the request.

PT RECOMMENDATIONS:

wellnessinmotionboston.com
jointventurespt.com

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>

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