

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

Sent: Monday, February 26, 2018 12:43 AM

Subject: [External] Week 13 | Boston Marathon Training 2018

I love nothing more than to hear from a runner about a long run: "I felt great! I was strong the whole way!" I got a few of those emails this week. Trust the process. Trust your work. Many of the runners with whom I spoke had runs that didn't go according to plan or were very difficult. Remember, each week is "a" long run, not "the" long run. Your training will click. Trust the process. Trust your work. We still have 2 very long runs, plus 4 other long training exercises before the big day. Stay focused. Get your rest (especially AFTER your hard workouts). Hone in on your nutrition/hydration plan.

Each week your run is affected by your week. Work, stress, sleep, nutrition, and more will affect your body's ability to perform the way you want it to.

Here's the good news: yesterday's assignment was NOT "be at your peak running form and race the marathon!" So, if you had a tough run, keep in mind, this marathoning thing is a long, tough road and you get better every run.

Think of your training like a bank; every run is a deposit and we're not taking any withdrawals until race day. What we need to take from that is:

1) Listen to your body to ensure you can keep making deposits (address aches and pains; listen to your body). I've received a few emails from people asking me about injuries and what they should do. My answer is pretty standard: go see a professional. ASAP. The longer you wait, the more time you spend hurting or injured. Rest only rests the problem, it doesn't always address the root cause. Injuries or serious "aches and pains" are easily managed if treated early. They'll be bumps instead of setbacks.

2) Each deposit adds up to a larger sum that we will withdraw on race day, not before. The marathon is the sum of our cumulative body of work over the training period.

More good news: this is a recovery week! Since the beginner mileage has gone up for two weekend long runs in a row and the intermediates got to the very long distance, this weekend the long run is shorter (10-12 for beginners; 13-15 for intermediates).

It's important to bring your legs back gently during the early part of this week since you worked so hard this weekend. Don't ask for anything great out of them for a few days. The purpose of a recovery week is to allow your body to catch up a little. Get your rest. Don't push the long run. Just get out there and feel the strength you have built this weekend when you run a little less next weekend. Or, more likely, you may not feel that strength until the next long run. Be patient.

Be sure to make some of the speed workouts below if you can. They will make you a better runner.

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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Co-Founder/President | Heartbreak Hill Running Company

CAMBRIDGE | NEWTON | SOUTH END

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