

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

Sent: Sunday, March 04, 2018 10:57 PM

Subject: [External] Week 14 | Boston Marathon Training 2018

Hello Team!

A review of some important dates:

3/17 - Bussed Starting Line Run (begins at Heartbreak Newton)

3/21 - Marathon Panel Discussion (Heartbreak South End, 6PM)

3/24 - Longest Long Run (+ food truck!) 8 or 9AM start, TBD

4/9 - Last 10K (~6/7PM start TBD; I shared the wrong date last email)

4/11 - Last 10K (2nd chance!)

** Sign up links & more details coming soon **

The weeks are flying by fast. 13 done. On to week 14. One week you run longer than you ever have in this cycle (or your life), the next week you run a short one but somehow it feels worse than the long one. Trust this: as the spring comes, a strong marathoner emerges. You are building that marathoner. There is still work to do. Stay the course.

I spoke with many runners who had great runs this weekend, who felt like their training clicked, while there were some who were surprised at how tired they felt on what was a shorter assignment. Most of us aren't teenagers any more so we should expect a longer recovery from a monster long run like last week's. When I write the programs, I anticipate these ebbs and flows in energy. That's why we came down from 16-20 miles and ran 10-15 this weekend. This past weekend's run was all about preparing the body for next weekend's big one when we march back up!

Some things to consider this week:

1) Hybrid training: When coming back from an injury or, even better, trying to avoid one, I recommend riding a bike or elliptical for 20-40 minutes then running a mile or two. You'll get the benefit of having run longer and you'll save your body from the pounding that comes along with just running. If you have something that's bothering you, sub in a day like this for a running day.

2) Struggling on the long run? Walk! It's ok to walk. I said this in the tips sheet, "Walk. It's ok." As the runs get very long, it's ok to plan some walking. If you walk a few minutes every 30 minutes of running, it doesn't add very much to your overall time. It's better to conserve a little energy and hit reset for yourself than to run until you just can't run any more. This can segue nicely into your race day when you can, if desired, walk through some (or even all) of the water stops.

3) Rest in recovery. Our body heals itself when we sleep. It is so important to get your rest and a good night's sleep the night after your long run (or any hard workout). Take a nap the day of your long run if you can and be sure to get plenty of sleep. It's just as important as refueling after the run. Run, replenish, rest, repeat... That's our sport! Don't miss any of the "R"s.

4) Aches and pains need to be addressed. It is MOST important to get to the starting line healthy. So, PLEASE, listen to your body. If something is bothering you and it doesn't change or get better after a day or two and it affects your stride, it's a problem and you need to get it looked at. Do not wait. Boston local recommendations are below. If it's something more minor, do all of the smart things: ice, foam roll, exchange a running day for a hybrid day as I outlined above.

This weekend's assignment: if you haven't run the marathon before or are shooting for over 3:15 then stick with the 18 mile assignment. If you are following the intermediate program, then this is the week for the "time on feet" exercise. There is not a magic distance for this one. It's very simple: run for approximately the length of time you plan to race but much more slowly (a minute to a minute and half per mile more slowly) for that time. This is not the week to surprise yourself with a fast performance. That is doing it WRONG. If you want to do the time on feet exercise, run SLOWLY! For example: a marathoner with a goal of 3:15 (7:26 pace) would run for about 3 hours to 3 hours and 10 minutes at 8:30-9:30 pace. Nice and easy. Take your time. Stop for water breaks. The goal is to getting used to being on your feet for that long. That's all. Don't go more than 22-23 miles. There is a diminishing return to running well over 3 hours so be smart with this. Speed is not the goal. Time on Feet is the goal... Again, if you're shooting for over 3:15, maybe 3:20 - DO NOT RUN TIME ON FEET. Run a comfortably paced 18; "relax" and run 18.

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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