

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

Sent: Monday, March 12, 2018 12:24 AM

Subject: [External] Week 15 | Boston Marathon Training 2018

Before I get to the weekly guidance, I want to remind you of all of the special events designed to make your marathon better:

- 1) our starting line run on this Saturday 3/17,
- 2) our marathon panel (with Harpoon & discount shopping!) on Wednesday 3/21,
- 3) our longest long run on 3/24 (MGH runners, refer to your different plan via coordinators).

All of these events require sign-up so, please, sign up! They're also free! Note: these events are also open to the public so, you may share widely and/or invite friends.

STARTING LINE LONG RUN: Hopkinton to Wellesley Run(13.8 miles), Saturday, 3/17, Heartbreak Run Co, Newton: This is a bussed run experience that will leave from and return to Heartbreak Newton. Link to sign up with details: <https://www.nike.com/events-registration/event?id=97809>

SPECIAL EVENT: Heartbreak Marathon Panel | 26.2 Questions Answered, Wednesday, 3/21, 6:15PM, Heartbreak Run Co, South End: <http://heartbreakmarathonpanel.splashthat.com/> - I'm hosting a panel with 4 experienced marathoners to calm your nerves, increase your race knowledge, and inspire your best finish!

LONGEST LONG RUN: Saturday, 3/24, Heartbreak Run Co, Newton: This is our 20-22 miler (with a 10 mile option for your non-marathon training friends). Please register ahead of time here. We'll have a food truck on hand for post run refueling (free with sign up!): <https://www.nike.com/events-registration/event?id=97816>

Week 15 guidance:

What a week! We had true winter conditions on the course for our final run of the dreaded "DOUBLE FIREHOUSE". I understand that a double loop of the Newton hills is not the most fun way to tackle a long run, but, the demanding nature of the Boston course and the mental strength you build (or find) in the exercise will pay off.

There is no where to hide in an 18+ mile run. It hurts. Even if it goes well, it hurts. You're out there for a long time and as you go deeper into the run, the more difficult it gets. But, you also get closer to home. And, like mile 16 of an 18 miler, when things are getting tough but you can feel the end coming, we're now in the home stretch of our training program. Aches and pains are creeping in and you're probably very tired from all of the training. This is ok and completely normal. Weeks 14-16 are the peak of the program. Just think: only one more really long one! After that, we bring you back to life and prepare you to race!

Hopefully, you learned something this weekend:

- your nutrition plan works!

- your nutrition plan needs work
- you know you can finish this race!
- you can keep going when things aren't perfect
- you are exactly on course
- you aren't where you want to be but you aren't alone

Good news: you've earned a breather this week! Take it. You need it. Last week was stacked with a hard workout and a very long run. This week, we bring you back to life. Take your time getting your legs under you again Monday through Wednesday (unless you're a vet). Take an extra hybrid training day if you need to do so. Note that the workouts this week are easier. I wrote them that way for a reason. Be gentle. Be careful. You are all pushing your bodies to the limit.

This is week 15 of 20. Think of all of the great work behind you: good runs, bad runs, cold runs, this winter even had a some warm runs(!), rainy runs, dark runs, brighter runs, hill runs... You've got all of that in the bank. Protect the body you have built by doing the little things right: address the aches (ice or treatment), take the hybrid day, run a little shorter if you feel a strange ache, get plenty of sleep after a hard workout, foam roll, stretch, ALL OF IT!

Be gentle this week. Stay focused. Keep up the great work!

RUN REGISTRATION LINKS:

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

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
- 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

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CAMBRIDGE | NEWTON | SOUTH END

<http://heartbreakhillrunningcompany.com>

<http://twitter.com/CoachDanBOS>

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