

From: Dan Fitzgerald <dan@heartbreakhillrunningcompany.com>

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To: undisclosed-recipients;;

Subject: [External] Week 16 | Boston Marathon Training 2018

What a day on the course! On its face at the start in Newton, it didn't feel ideal, the roads narrowed by our recent blizzard, the air biting cold. We boarded buses with our first stop a rest area, then off to a small suburb of Boston, roughly 26.2 miles from Back Bay. It was when the buses stopped that things changed, a "wind chill" turned into a "tail wind", a suburb to "The Start". There's an aura there. You can feel it. On a quiet, cold day, it's still a special place to run. The energy was high, smiles everywhere, and, when the legs started, the bright sun turned a cold day warmer than expect. And, us, well, we ran the course! 13.4 miles to Wellesley. We covered the first half. Next week we run backwards for 10 from Heartbreak, sewing together our deep course knowledge, and turning back toward Boston in Natick. When the course marks Mile 10, you'll be at Mile 10 in your run. And, there, the simulation begins.

This afternoon, the final runner arrived for a high five at the finish and she exclaimed: "That was my best run yet!" She offered the qualifier, "for me."

"Good!" I thought, "We're here for you!"

You guys looked strong out there. Many of you ran very smart, staying contained, learning, and building toward the ultimate release.

Pictures from today can be found here (feel free to download and share): <https://www.facebook.com/media/set/?set=a.1517328565030984.1073741941.213329845430869&type=3>

This coming weekend, we work the FINAL LONG RUN, covering Mile 20 and the fabled hills of Newton in the Boston Marathon. You'll learn them front to back and you'll feel them at exactly the same mileage as they arrive on race day. When you turn at 17 miles in this weekend's run to head up Comm Ave, it's same mileage and same turn you'll make on race day.

Everything you do this week should be focused on making this weekend's run a success. This is a dress rehearsal for the big day. On Friday, you should eat and prepare like it's the day before the race. On Saturday, eat what you plan to eat before and during the marathon. Your nutrition plan should be tight now or at least very close. This is the day to test it all - food, shoes, socks, and hydration.

This week, from the start, pay attention to how you're feeling. Visualize yourself being strong and successful heading into the late stages of the run. Be confident. Feel the strength you've built over that past 4 months go to work for you.

Remember, while this weekend is a dress rehearsal, it's coming after some seriously tough training weeks so, you will not feel as strong on Saturday as you will on race day. You will be a stronger, better runner on marathon day partly because of Saturday's long run but mostly because of ALL of the work you've done over this entire training period.

We still have 3 weeks of sharpening after the "big one" so, if doesn't go according to plan, you are still in a great position. For those of you who have a great run, bank that and bring that confidence with you on race day.

Beginners: Hit the distance. Be calm. Start conservatively. If you need to walk a little, do so. Stop for the water breaks, collect yourself, and continue! You can do this!

Intermediates: Warm up at a comfortable pace for the first 5 miles, then transition to your MGP and hold that for the next 10... Then, give it a little more. Not too much. Find that line. Finish strong.

Apply what you've learned about yourself and your running and execute your plan for this 20 miler. It's time. One more big deposit in the training bank.

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>

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

**** 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>

<http://twitter.com/CoachDanBOS>

<http://instagram.com/CoachDanBOS>