

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

Sent: Sunday, March 25, 2018 10:44 PM

Subject: [External] Week 17 | Boston Marathon Training 2018

There were a lot of slow, achey steps happening at Heartbreak on Saturday. I saw many smiles, I saw some tears, and I saw A LOT of waffles (thanks to the food truck we brought in for the event). I'm sure those feelings, both good and challenging, are lingering today. Good news! The highest volume week is over. You WILL be stronger in 3 weeks because of this run whether it went well or it didn't. That's a fact.

EVENT NOTES:

Register for this week's long run here: longrun.splashthat.com

Saturday, 4/7/2018, 9:00AM, From Our Firehouse to Your Firehouse, <http://firehousetofirehouse5.eventbrite.com/> - This weekend was the "longest long run", for the "last long run", we do a special event to celebrate two Boston Firefighters who died tragically the week before the 2014 Boston Marathon. Details with the link.

The Boston simulation video (45 min) is now LIVE in the portal! (see instructions on how to get into the portal below).

TRAINING GUIDANCE:

"Aaaahhhh..."

The feeling of relief after a 20 miler. The LAST long run.

"OUCH!"

The feeling after you make any movement after your 20 miler.

"Ah" and "ouch". Relief and soreness. It feels good, don't you think? It's an accomplished pain that's resonating in our muscles right now.

I spoke to so many of you who, finally, had that break through run, that run that confirms for you unequivocally, "I can do this." You finished a solid week of training with a 20-22 miler. You have the sense of relief and the soreness to prove it. All of those weeks of training, have been building toward that day. When it comes to marathon day, you'll be sharper and more rested than you were this weekend. You'll be even stronger.

It's very tough to power through that "longest" long run. If it you had bathroom issues or, ran slower than you wanted, don't sweat it. Be proud of what you accomplished this weekend in the deepest depths of the training program. Now, imagine a day when there are tens of thousands of runners AND hundreds of thousands of spectators powering you through. Race day adrenaline is a very real thing but hold that thought... We gotta talk taper first.

We are still training. Tapering IS NOT time off. It's taking that large volume of running and training that we've done and SHARPENING it. Imagine yourself as a solid piece of granite from which we will carve our final master sculpture of you as a marathoner. It will be unveiled on race day - not a day before. That day is our target and our focus. Each day as we chisel away and sharpen the program, your strength will grow. Little by little, the strong marathoner will emerge more clearly.

If you prefer the banking analogy, consider it this way: you just made your last big deposit into your training bank. Now, it's time to get that "money" working for us so we begin managing what we've accumulated making sure it multiplies, or, back to running, making sure all of that volume is sharpened and our legs come back to life ready to deliver on race day.

The taper is careful work. We're going to expand the rest period between workout/hard days and they will be a little faster (or the same for some) but certainly shorter and less frequent.

This week's assignment is to bring your legs back. Be gentle to them after the 20 miler. Stick to your training rhythm (the amount of days and which days you run) but scale it back in terms of your expectation for the first couple of runs of the week.

Intermediate note: If needed, consider moving the workout on the schedule from Wednesday to Thursday for a little extra recovery time after that long run. For this weekend's long run, you should plan to hit your MGP for a significant portion of the run. Warm up for a few miles, then shoot for at least 50% of it at MGP, finish even stronger for the last mile or two.

Beginner note: Just get in the runs this week and a longer one on the weekend. Bring yourselves back to life.

For all, we do not fully pull back this week. We give an extra day of recovery (that can be recovering running or something else) and our long run is considerably short relative week 16.

Finally, if you have aches and pains ADDRESS THEM! It's time to get the treatments (or continue treatments), ice the aches, roll out the soreness, stretch after your runs. Leave nothing to chance. Chance is the enemy. You should have finalized your nutrition plan and tested it this weekend. If you did not, try again this weekend. EVERYTHING is focused on getting you to the starting line as the strongest, smartest, healthiest runner you can be.

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

SAFTEY 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>