

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

Sent: Sunday, April 01, 2018 11:43 PM

Subject: [External] Week 18 | Boston Marathon Training 2018

Now, it's REALLY taper time. This past weekend's run was still semi long and many of you had last weekend's 20+ miler lingering in your legs. Runners gave me every kind of feedback with regard to their runs: from total disaster to feeling great and doing a little extra. This past week in particular, it is very normal to work a little harder to maintain the same pace as usual. Nothing to worry about.

No matter how your run went yesterday, it's time to get your legs right this week and next. Start the week gently then run your shorter runs with a little more pep with a few middle miles at MGP or a faster. You should be running fewer miles so, a slightly more attentive pace should be ok.

It's also time to get the head right. Think about the power you have to make yourself feel good with positive reinforcement and through your own positive action (do all the little things!). Know confidently that you are doing enough. Your work has prepared you. Your legs will be ready when it's time.

It's normal to feel a little tired right now. Trust the process. Follow the schedule this week to feel stronger next week.

Take an extra rest day if you need it.
Keep training.
Sharpen.

We're so close!!!

Usually the best reading is done now. Not this week. Keep reading! See FUELING TIPS and THE COURSE below.

SPECIAL EVENT for the last long run:

At Heartbreak, we like to bookend the Boston training season by tapping into the spirit of generosity that surrounds the race. As a final training run before Boston, we run a Firehouse 10 miler in a celebration of the lives of two firefighters who served the City of Boston near the race's finish. On Wednesday March 26th, 2014, Lt. Edward Walsh, 43, and Michael Kennedy, 33, lost their lives responding to a nine-alarm fire at a brick brownstone in Boston's Back Bay neighborhood.

Join us on April 7th as we salute these heroes over 10 miles with our signature event, From Our Firehouse to Your Firehouse. Contribute with a donation to the The Last Call Foundation and The Ed Walsh Foundation, participate in a 10 miler on the Boston Marathon course, and enjoy post-run snacks and discount shopping at HHRC. All donations made through this event will be evenly distributed to The Ed Walsh Foundation and The Last Call Foundation; the two organizations established in honor of Lt. Walsh and Firefighter Kennedy.

Where: Heartbreak Hill Running Company

When: Saturday, April 7th @ 9:00AM

What to wear: a white t-shirt that you will spray paint

Sign up/donation: <https://firehousetofirehouse5.eventbrite.com>

Expect to show up between 8:30 - 9, spray paint your shirt, get your photo added to our Firehouse wall, kick off talk at 9:04 and begin the run at approx 9:15. This 10 miler corresponds to both training plans and can be cut short too; please bring all of your runner friends, non-marathoners welcome! Your donation also earns you 15% off shopping at HHRC that day. Help us spread the word! Please share this event!

DETAILED MARATHON PACE CHART: <http://marathonpacechart.com/>

RUNNING PACE CALCULATOR: <http://runsmartproject.com/calculator/>

FUELING TIPS:

Fueling for your first marathon (via Runner's World)

<http://www.runnersworld.com/fuel-school/how-to-fuel-for-your-first-marathon>

I like to keep it simple. I eat GU's Roctane (with 6-8oz of water) at miles 5-10-14-18-22 for a marathon in the 2:30-3:30 range. I take additional water (any where from a sip to a whole cup depending on thirst in the moment) between those GU stops (miles 3,8,12,16,20,24). If you need more carbs to power you through as can be the case for many especially if you'll be running 4-6 hours, you can sub those waters for Gatorades (take only water with gels though). This is only one suggestion. Trust your work. Trust your own knowledge of yourself.

THE COURSE - MATCH YOUR EFFORT TO THE TERRAIN:

Article: Marathon Mistakes (via Runner's World)

<http://www.runnersworld.com/racing/marathon-mistakes>

Remember, many marathons have been run before ours on April 16th, 121 Boston Marathons before this one, in fact. You have a significant body of work behind you now and lots of helpful tips from endless sources. Lean on your own experiences and those of others to make this your best race. In particular, note number 3 in the above article. This is incredibly important in Boston. I call it "running to the terrain". Take it easy at the start with gentle light quick steps under your body using minimal effort. Imagine running over eggshells. Light quick steps. Lean into the down hill slightly. Stay relaxed. Relax your pace up hill. When you've warmed up and the course is steadily down hill in sections of Wellesley, use the downhill to boost your pace slightly. When the big hills come at the highway and then after the Firehouse, RELAX. Relax your pace & keep your breathing steady by slowing down. Let the hills come to you. You will not beat the hills in a race to the top. Relax, run with light easy steps, keep your form, stay steady, keep the pace easiest up the hills. I told myself, "SLOW DOWN" when I made that turn at the Firehouse into the hills of Newton. Coming down from the top of Heartbreak by Boston College was by far the most challenging part of the course. Deep in the race at that point, trust your form. The same principles that applied at the start ("gentle light quick steps under your body using minimal effort") still apply even though nothing feels light and you may you're doomed. Your legs come back to you. They will. Stay steady. When you make the turn on Beacon your legs should come back. Trust it. Trust your form. Regain your composure and your

rhythm. You're almost done! Make the final turns, right on Hereford, left on Boylston, and rejoice! Think about this. All parts. Tap into the power of your mind to create the success you want. Be prepared for challenging moments. They will come. Handle them by reminding yourself: "this is why I trained so hard". Remember why you are running Boston, that you are running Boston, and love all of the challenges and elation. It's coming!

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
- ** 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>