

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

Sent: Sunday, January 07, 2018 5:49 PM

Subject: [External] Week 6 | Boston Marathon Training 2018

Man, that was a rough week. The blizzard and dangerous temperatures illustrate why we need to be so vigilant about our training when we can be in control. Things will get in the way of your best training at some point so when running/training is a choice, make the choice to get it done. Blizzards will come. Work will run late. When we miss one run or a run assignment must change, it's not a big deal because of all of the work that has gone according to plan. A few days of shorter runs or adjusted work are not a big deal over a full program when you're largely on target. Plan for future unknowns by doing the best you can each day.

Training notes:

Any workout on the plan that takes place on a track can be adjusted for the road. Translate the workout into time by adding 1:00 minute per 200m. 200 = 1 min; 400 = 2 min; 800 = 4min; and so on. Then you would run your perceived effort as assigned for that time. You can also translate workouts exactly this way to the bike or elliptical. For warm up and cool down notes, refer to your training plan's training bank.

Heartbreaker Portal:

Want a running specific ab video? How about something to help that nagging knee pain? Hip strength may be the answer and here's why: <https://goo.gl/FPX1wT>; we have a video doe that too. Want to learn how to do a proper warm up before a run or a race? We have both. Maybe your treadmill time would benefit from a guided coached immersive workout. All of these things and more are available FREE to you through the Heartbreaker training portal thanks to your fundraising commitment: heartbreakersrun.com. Go request access, you're already on the list. Your best running awaits.

TEAM RUNS:

- Tuesday 6:30AM INDOOR TRACK - Reggie Lewis Center, Roxbury, MA, logistical details: nike.com/boston, showers available, workout ends by 8, Orange Line access
- Wednesday 7:00PM - Heartbreak Hill Running Co, Newton, Hills/Speed
- Thursday 6:30PM - Heartbreak Hill Running Co, South End, Speed, Hills, Drills
- Saturday 9AM - Heartbreak Hill Running Co, Newton, Long Runs, distance match all programs

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.

2 IMPORTANT NOTES!

1) 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, prerun 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.

2) We are currently booking Heartbreak Studio in Cambridge for charity fundraising events. Events last two hours which include a coached all-abilities a full length treadmill class (or two abbreviated classes), 20% off shopping in our retail store for you and all your guests, and use of all amenities (showers, lockers). Typical format for weeknights as follows (weekend afternoon availability also an options):

7 pm to 7:30 pm - Guests arrive, introduction to the studio

7:30 pm to 8:15 pm - Coached treadmill class

8:15 pm to 9 pm - Mix & mingle, shopping, drinks, raffles

Reservations for events are first come, first served. Space is limited. Rental fee is \$100 and includes all of the above. Please contact Justin Burdon at justin@heartbreakhillrunningcompany.com for more information or to reserve an event.

Note: if you create a \$30-40 per head event with cocktails, silent auction, raffles, and fill 20 treadmills (or two short classes would be 40 treadmills available), you can leave with a great chunk of fundraising done. This is all hustle. Think of it as premium event experience, not just a treadmill class, and super charge your fundraising in the same destination where you can super charge your training. Invite (and charge) people who won't or can't run. They can mingle, enjoy discount shopping, do a silent auction/raffle, and enjoy snacks and cocktails while the class serves as entertainment. You can really pull in some funds if you're creative with this.

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

Happy training!

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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>