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**Date:** January 14, 2018 at 11:18:20 PM EST

**To:** undisclosed-recipients;

**Subject:** [External] Week 7 | Boston Marathon Training 2018

What a difference a week makes! From frozen tundra to warm and temperate, you never know what you're going to get from Boston during the training period or on race day. The temperature dropped nearly 20 degrees while I stood at the water stop. Runners who joined us at Heartbreak on Saturday, challenged the last 10K from (mile 20 to the finish) on an out and back run. One of the goals of our training is to know the whole course front to back. Familiarity is a powerful asset on race day so as we purposefully take on the different sections each week, focus on running to the terrain (easy/relaxed up hills, find your rhythm in the flats, carry momentum with you down hill, etc). Each week we get a little better.

### **TRAINING NOTES:**

Good news! Week 7 is a recovery week! The long run comes back down in distance to allow your body to catch up and get stronger. Approach this week one of two ways:

Option 1 (easier): Take the 1st two days of the week to bring your legs back gently after the long effort this past weekend. Take Monday easy or short (or off depending on your program), do some strides on Tuesday after your run to bring some speed back, and get in a good hill workout on Wednesday or Thursday. This weekend's run is shorter so take it easy, let your legs reenergize, and mentally prepare yourself for a long week 8 effort.

Option 2 (harder): Take advantage of Monday and add a mile or 2 to the run (or off depending in your program). Take Tuesday easier with some light strides after the run to keep your speed alive and carry it forward to the next day. Hit a solid hill workout on Wednesday or Thursday. For the long run, since it's not a "discovery distance" (it's shorter and you've run it before), run the 2nd half faster than your MGP. Hit it!

If you feel a little beat up, something aches, or you're a little sapped of energy, take option 1. If you're feeling strong, hungry, and want to push then choose option 2. You can also decide on Saturday morning how you want to approach that run.

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 for 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](http://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](http://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](http://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](http://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](mailto: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.

#### **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

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>