

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

Sent: Sunday, January 21, 2018 11:18 PM

Subject: [External] Week 8 | Boston Marathon Training 2018

Here we are at the start of week 8! This is one of my most favorite parts of the program. We begin to challenge ourselves with true long runs: 13, 16, and up.

Training for a marathon can feel starkly individual even in the middle of our supportive community of fellow marathoners. Embrace that contrast; it's one of the beauties of our sport. We come with our own unique motivations, we run at our own speed, we stumble at different times. We only hear the voices in our own head. Yet, we feed off of each other's energy and we're focused on the same end-goal. Honor your own struggle and process. Whether you're targeting 6 hours, 3 hours or anything in between, the challenge is a daunting one. Ask someone who has run a 2:30 for the marathon if they can run for 6 hours straight. You'll probably get a "hell no!" It's hard to run for 6 hours. It's also hard to learn how to knock off those few extra minutes when you're near a BQ. It's hard to run with Shalane. Every journey to the finish line carries its own challenge so whether you're reaching a new lifetime long distance with each long run or you're learning to ride that line and push your marathon pace, embrace the individuality of your marathon journey and take comfort in the support around you.

Hopefully, you took advantage of the recovery week last week. As the miles march back up, I want you to take this week to use the power of your mind. Our physical body does all of the running, yes, I know. However, the way that we mentally prepare ourselves for the task makes a HUGE difference in how we feel. So this week, whether you are running 13 or 16, remind yourself of the following in the days leading up to the long run:

This is going to be hard.

I will be running for a long time.

The body with which I start is not the body with which I finish.

I am prepared for this.

When I start a long run, I tell myself these things because over the course of the run, my body warms up, aches come and go, tightness moves around, energy wavers, I feel fast, I feel slow, I feel strong, I feel unprepared, I get hungry (I fuel up - water/GU), I finish, I stretch. This is all normal. I feel as though I have 5 different bodies sometimes over the course of 16-20 miler. Learn to find comfort in these changes.

You're getting stronger.

Your next long run will be better and more familiar.

Most importantly always: listen to your body. If something really hurts and doesn't change or evolve over your run or over a day or two - STOP. Pull back on the training. We'll work on changes to the program together.

Remember, hydrate properly. This is very important. You lose more than just water on your runs. I like SOS as a hydration aid but there are many out there. <http://sosrehydrate.com/when-to-take-sos/>

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 // Heartbreaker Training Portal:

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.

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>