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**Date:** January 28, 2018 at 11:54:08 PM EST

**To:** undisclosed-recipients;

**Subject:** [External] Week 9 | Boston Marathon Training 2018

Almost half way through the training period now! We're still very much in the build phase though. When I zoom out and look at all twenty weeks (with particular focus on the peak weeks in March), I'm reminded of the fact that everything we're doing is preparing us for that most challenging part of training. Then, zooming back in and having a look at right now, at any single day in January, today, the task is simple: do the best you can do today. This will ensure that you're prepared for this weekend, then next, and stacking it all up, you'll be ready to knock the hardest weeks out of the park, sharpen in the taper then, run your best Boston! Simple! Right? It really is. Every day you have a choice: you can do the best you can do or not. "The best you can do" DOES NOT MEAN the fastest running or most running you can do. It means give it what you can. Give your running a thoughtful, meaningful contribution. Maybe you know you have a hard day and you won't hit all of your assigned miles. Instead of rolling over and checking your email or Instagram first thing, do the Heartbreaker ab video! (Don't know what that is? See the Heartbreaker Portal sign up below.) Then, when you go to bed that night after your abbreviated run, you can still confidently know that you did the best you could do to advance your running on that day. Simple. The great challenge is to do it every day. It stacks up. The runners who succeed in Boston know this. It's simple. It's not easy but it's simple.

Remember these basics as we ramp things up:

1) LISTEN TO YOUR BODY: This is the most critical aspect of training for anything. If your brain is set on 16 miles but your body runs out of gas at 13-14, the body must win the argument. Listen to it. If you want it to carry you further on subsequent weekends, listen to that knee, hip, or low energy level. It's ok to do a little less.

2) ADDRESS ACHES & PAINS: This is related to #1: "listen to your body" then DO SOMETHING with that information. If you're outer knee hurts, foam roll before and after your runs, then ice after the runs and before bed. Be gentle the day after you feel pain, maybe do some cross-training for a day, then pay very close attention on your next run. The point of this is to prevent some inflammation from becoming a full blown injury. If you have an injury question, I'd be happy to help you find an answer or connect you to a trusted PT (see list below).

3) DO THE LITTLE THINGS: Foam rolling, stretching, strength drills, and the like all contribute to a powerful, well oiled running body. Simple, right?

4) FUEL YOUR RUNS: It's important to eat a healthy well balanced meal the night before your long runs, breakfast the day of, and runner's fuel during the long run. And, stay on that hydration. Being undernourished can affect your performance, your motivation, and your recovery. It's the easiest thing to fix. Don't let it slow you down.

**CONNECT:**

<http://instagram.com/coachdanbos>

<http://instagram.com/heartbreakrunco>

<http://www.facebook.com/heartbreakhillrunningcompany>

### **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 // Heartbreaker Training Portal:**

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/>

### **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

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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>

