



Boston Marathon Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	12/29	12/30	12/31	1/1	1/2	1/3	1/4
	Run 40-60 minutes RPE 4-6	Active Recovery Pilates, Yoga, or form roll 45-50 minutes	Run 45-60 miles RPE 3,4 Or Full Body Strength Squats, forward lunges, back lunges, calf raises, Leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Run 60 minutes RPE 4,6	Rest	Run 6- 8 miles RPE 4-6	Recovery Run 50 minutes easy
Week 2	1/5	1/6	1/7	1/8	1/9	1/10	1/11
	Rest Day	Run Warmup 10 minutes easy Main set 4x 3 minutes RPE 5,6 + 7 minutes RPE 3 Cooldown 10 minutes easy Cooldown static stretches	Run 3- 4 miles RPE 3,4 Or Full Body Strength Squats, forward lunges, back lunges, calf raises, Leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Run Warmup 10 minutes easy Main set 4x 3 minutes RPE 5,6 + 7 minutes RPE 3 Cooldown 10 minutes easy Cooldown static stretches	Rest Day	Run 6- 8 miles RPE 4-6	Recovery Run 50 minutes easy
Week 3	1/12	1/13	1/14	1/15	1/16	1/17	1/18
	Active Recovery Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 4x 6 minutes RPE 5-7 + 4 minutes RPE 3 Cooldown 10 minutes easy	Run 50 minutes easy Or Full Body Stretch Neck, shoulders, upper and lower back, glutes, quads, hamstrings, calves, and ankles	Hill Repeats Warm up: 10 minutes easy 10-15x Hill repeats RPE 6-8 + 2 minutes RPE 2 1x 8 minutes RPE 5-7 (not on hill or incline) 10 minutes easy	Rest	Run 8- 10 miles RPE 4-6	Recovery Run 50 minutes easy
Week 4 (R)	1/19	1/20	1/21	1/22	1/23	1/24	1/25
	Active Recovery Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 4x 4 minutes RPE 5-7 + 6 minutes RPE 3 Cooldown 10 minutes easy	Run 3- 5 miles easy Or Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Run 5- 7 miles RPE 4-6	Rest	Run (hilly course) 6-8 miles RPE 4-6	Recovery Run 4 miles easy
Week 5	1/26	1/27	1/28	1/29	1/30	1/31	2/1

LEGEND:

Zones / RPE

z1= Effort very easy. Can talk without stopping
RPE 1
z2= Easy pace. Can speak in 1-2 paragraphs
RPE 2-3
z3= Medium pace. Challenging but comfortable.
1-2 sentences at a time. RPE 4-6
z4= Hard. Very challenging. Not comfortable (yet). 1-2 words. RPE 7-8
z5= Sprint pace. Difficult. Should hurt. No words. RPE 9-10

Dynamic Warmup and Cooldown

Please complete the dynamic warmup and cooldown static stretches with **every run**. Thank you. The warm up consists of: 10 squats, 10 leg swings forward and backwards, 10 arm swings, high knees 30 seconds. Cool down consist of static stretches that you will hold for 30-45 seconds (calves, hamstrings and quads).

	Active Recovery Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 3 minutes zone RPE 3-5 + 1 minute RPE 2 (40 minutes main set) 10 minutes easy	Run 3- 5 mile easy Or Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges +100 crunches	Run 1 hour steady RPE 5	Rest	Run 11- 13 miles RPE 4-6	Recovery Run 50 minutes easy
Week 6	2/2	2/3	2/4	2/5	2/6	2/7	2/8
	Active Recovery Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 3 minutes RPE 5,6 1 minute RPE 2 3 minutes RPE 8 1 minute RPE 2 Repeat 4x 10 minutes, Best effort Cooldown 10 minutes easy	Run 4- 6 mile easy Or Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges +100 crunches	Hill Repeats Warm up: 10 minutes easy 10-15x Hill repeats BEST Effort + 2 minutes RPE 2 1x 8 minutes RPE 5-7 (not on hill or incline) 10 minutes easy	Rest	Run (add hills) 12- 15 miles RPE 4-6	Recovery Run or Tempo 50 minutes easy
Week 7	2/9	2/10	2/11	2/12	2/13	2/14	2/15
	Rest Day	Run 10 minutes easy Main set 4 minutes RPE 6 1 minute RPE 2 (50 minutes total main set) 10 minutes RPE 5 Cooldown 10 minutes easy	Run 4- 5 miles easy Or Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Hill Run 3- 5 miles (Last 2 miles on hills)	Rest	Run (add hills) 15- 18 miles RPE 4-6	Recovery Run 45 minutes easy
Week 8	2/16	2/17	2/18	2/19	2/20	2/21	2/22
	Rest Day	Run 10 minutes easy 4 x 2 minutes RPE 5+ 1 minute easy 3x 4 minutes RPE 6 +1 minute easy 1x 8 minutes RPE 7+ 2 minutes easy Cooldown 10 minutes easy	Run 4- 5 miles easy	Run 1 hour easy RPE 4-6	Rest	Run 18- 20 miles RPE 4-6 (Dress Rehearsal)	Recovery Run 40 minutes easy
Week 9 (R)	2/23	2/24	2/25	2/26	2/27	2/28	3/1

	Active Recovery/ or Rest Day Pilates, Yoga, or form roll 45-50 minutes	Run 5 miles easy	Run Rest day or 3-4 miles and Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Run 5-7 miles RPE 4-6	Rest	Run (add hills) 10- 13 miles RPE 4-6	Recovery Run 50 minutes easy
Week 10	3/2	3/3	3/4	3/5	3/6	3/7	3/8
	Active Recovery Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 4x 6 minutes RPE 6 + 4 minutes RPE 2 Cooldown 10 minutes easy	Run 4- 5 miles and Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Run (hill course) 5- 7 miles RPE 4-6	Rest	Run 12- 15 miles RPE 5-7	Recovery Run 50 minutes easy
Week 11	3/9	3/10	3/11	3/12	3/13	3/14	3/15
	Active Recovery Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 4x 7 minutes RPE 6,7+ 3 minutes RPE 2 Cooldown 10 minutes easy	Run 4- 5 miles and Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Run 4- 7 miles RPE 4-6	Rest	Run 15- 18 miles RPE 5-7	Recovery Run 4 miles
Week 12	3/16	3/17	3/18	3/19	3/20	3/21	3/22
	Active Recovery/ or Rest Day Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 4x 6 minutes RPE 6 + 4 minutes RPE 2 Cooldown 10 minutes easy	Run 4-5 miles easy Or Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Easy Run 40 minutes easy	Rest	Run 18- 20 miles RPE 4-6 (Dress Rehearsal)	Recovery Run 3- 4 miles
Week 13 (R)	3/23	3/24	3/25	3/26	3/27	3/28	3/29

	Active Recovery/ or Rest Day Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 3x 10 minutes RPE 5 + 5 minutes RPE 2 Cooldown 10 minutes easy	Run Rest or 3-4 miles Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges+ 100 crunches	Run 40 mintues easy run	Rest	Run 12 miles RPE 3	Recovery Run 3- 4 miles
Week 14	3/30	3/31	4/1	4/2	4/3	4/4	4/5
	Active Recovery/ or Rest Day Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 2x 12 minutes RPE 6,7 + 5 minutes zone 2 Cooldown 10 minutes easy	Run 4 miles Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges+ 100 crunches	Run 1:10 minutes RPE 5-7	Rest	Run 14- 16 miles RPE 4-6	Recovery Run 3-4 miles
Week 15	4/6	4/7	4/8	4/9	4/10	4/11	4/12
	Active Recovery/ or Rest Day Pilates, Yoga, or form roll 45-50 minutes	Run Warmup 10 minutes easy Main set 2x 15 minutes RPE 6,7 + 5 minutes zone 2 Cooldown 10 minutes easy	Run 4 miles Full Body Strength Squats, forward lunges, back lunges, calf raises, leg extensions, planks, side planks, hip bridges, single leg hip bridges + 100 crunches	Rest Day	Active Recovery/ or Rest Day Pilates, Yoga, or form roll 45-50 minutes	Run 10 miles RPE 3	Recovery Run 3- 4 miles
Week 16	4/13	4/14	4/15	4/16	4/17	4/18	4/19
	Active Recovery/ or Rest Day Pilates, Yoga, or form roll 45-50 minutes	Easy Run 4-6 miles easy	Rest Day	Run 30 minutes easy	Rest	Shakeout Run 30 minutes	Shakeout Run 20 minutes, meet at the Commonwealth Hotel at 9 am.
Race Week	4/20	4/21	4/22	4/23	4/24		
	Race Day!	Walk 30-minute walk	Active Recovery Full Body Stretch Neck, shoulders, upper and lower back, glutes, quads, hamstrings, calves, and ankles	REST	Walk 30-minute walk		

