



## EndurElite 2019 Boston Marathon Training Plan- Last Ten Weeks of Preparation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2/10</p> <p><b>Regeneration</b></p> <p>Very Easy 30-40min or Rest Day</p>	<p><b>Power Endurance</b></p> <p>Easy-Moderate 40min</p> <p>Skips, Drills</p> <p><b>6-10x 30-40sec Hill Reps @ 5K-3K Pace w/ 90sec Recovery</b></p> <p><i>*Or measure 200m so you can record times</i></p> <p>Easy WD</p> <p><i>Best day for core, weights, etc if you choose to pursue</i></p>	<p><b>Volume</b></p> <p>Easy 30-50min</p> <p>AIS, Foam Rolling</p> <p><i>Or, 2x 20-30min Easy Runs (AM and PM)</i></p>	<p><b>Aerobic Power Fartlek</b></p> <p>SWU</p> <p><b>2-3x Dynamic Fartlek (2:00 @ Marathon Effort, 2:00 @ HM Effort, 2:00 @ 10K Effort, 2:00 @ Marathon Effort, 2:00 Very Easy)</b></p> <p><i>*Record total distance for your notes</i></p> <p>WD</p>	<p><b>Volume</b></p> <p>Easy 30-50min</p> <p>AIS, FR</p>	<p><b>Volume + NMT</b></p> <p>Easy 40-60min</p> <p><b>Skips, Drills</b></p> <p><b>6-8x 100m Strides</b></p> <p>Skips, Jog, Walk</p> <p>AIS, FR</p> <p><i>*Only do the strides if you feel good</i></p>	<p><b>Endurance</b></p> <p>Easy-Moderate 1:40-2:00 @ 70-90% of Marathon Goal Pace</p> <p>Colorado Leg Circuit (immediately post-run), AIS</p> <p><i>*It's okay to start practicing your nutrition strategy on these runs via drinks such as Sustain Elite, gels, etc. Also, consume 1-2 servings of Recover Elite immediately upon</i></p>

			<i>Core, Weights, etc; keep these bouts on harder days</i>			<i>finishing your leg circuit</i>
2/17/19  <b>Regeneration</b>  Very Easy 20-40min or Light Cross-Training, or Rest  AIS, FR  <i>*Use your best judgment on regeneration days in terms of what to do. Sore, very tired? Take the day off from running. Feeling good? Go for a light jog on a soft surface. Eat and hydrate well on these days to re-stock glycogen stores since your training is lighter.</i>	<b>Volume + NMT</b>  Easy 50-60min  <b>Skips</b>  <b>4-6x 12sec MHS</b>  Skips, Jog, Walk  AIS, FR	<b>pH Threshold Intervals</b>  SWU  <b>6-8x 1K @ 110% of GP w/ 90sec Recovery Jogs</b>  Easy 400m  <b>4x 200m @ 5K-3K Effort w/ 200m Recovery Jogs</b>  WD  Core, Weights, Etc  PM- Optional Easy Run or XT Session	<b>Regeneration</b>  Very Easy 30-50min  AIS, FR	<b>Pace Practice</b>  SWU  <b>6-8mIs @ 95-100% of Marathon Pace</b>  Easy 3:00  <b>6-8x 100m Strides</b>  WD  Core, LB Weights, AIS	<b>Volume</b>  Easy 40-60min  AIS, FR  <i>Or, 2x 30-40min Easy Runs (you have this option on all easy days unless otherwise noted)</i>	<b>Endurance</b>  Easy 1:50-2:10 @ 70-75% of GP on Rolling Terrain (if possible)  CLC, AIS  <i>*If possible, try to simulate the Boston course to some degree on these longer runs; that is, a downhill first quarter, flatter in the middle, and some uphill running towards the end would be optimum, provided your geographic regions allows for such undulation</i>

<p>2/24/19</p> <p><b>Regeneration</b></p> <p>Very Easy 20-40min, XT, or Rest</p> <p>AIS, FR</p>	<p><b>Power Endurance</b></p> <p>Easy-Moderate 40min</p> <p>Skips, Drills</p> <p><b>8-10x 30-40sec Hill Reps @ 5K-3K Effort w/ 90sec Recovery</b></p> <p><i>*Try to run a bit faster than last time</i></p> <p>Easy WD</p> <p>Core, Weights, AIS</p> <p>PM- Optional Easy Run or XT</p>	<p><b>Volume</b></p> <p>Easy 40-60min</p> <p>AIS, FR</p>	<p><b>Aerobic Power Fartlek</b></p> <p>SWU</p> <p><b>3-4x Dynamic Fartlek As Before</b></p> <p>WD</p> <p>Core, Weights, AIS</p> <p>PM- Optional Easy Run or XT</p>	<p><b>Volume</b></p> <p>Easy 40-60min</p> <p>AIS, FR</p>	<p><b>Volume + NMT</b></p> <p>Easy 50-70min</p> <p><b>Skips, Drills</b></p> <p><b>6-8x 100m Strides</b></p> <p>Skips, Jog, Walk</p> <p>AIS, FR</p>	<p><b>Endurance</b></p> <p>Easy-Moderate 2:00-2:20 @ 70-90% of GP</p> <p>CLC, AIS</p>
<p>3/3/19</p> <p><b>Regeneration</b></p> <p>Very Easy 20-40min, XT, or Rest</p> <p>AIS, FR</p>	<p><b>Volume + NMT</b></p> <p>Easy 50-60min</p> <p><b>Skips, Drills, Skips</b></p> <p>AIS, FR</p>	<p><b>Aerobic Power</b></p> <p>SWU</p> <p><b>8-10x 1K @ 110% of GP w/ 90sec Recovery Jogs</b></p> <p>Easy 400m</p> <p><b>4x 200m @ 5K-3K Effort w/ 200m Recovery Jogs</b></p> <p>WD</p> <p>Core, UB Weights, AIS</p>	<p><b>Regeneration</b></p> <p>Very Easy 30-50min</p> <p>AIS, FR</p>	<p><b>Pace Practice</b></p> <p>SWU</p> <p><b>8mIs @ 95-100% of Marathon Pace</b></p> <p>Easy 3:00</p> <p><b>8x 15sec MHS</b></p> <p>WD</p> <p>Core, LB Weights, AIS</p>	<p><b>Volume</b></p> <p>Easy 40-60min</p> <p>AIS, FR</p>	<p><b>Endurance</b></p> <p>Easy 2:00-2:20 @ 70-75% of GP</p> <p>CLC, AIS</p>

		PM- Optional Easy Run or XT				
3/10/19 <b>Regeneration</b> Rest Day  AIS, FR  Professional Massage?	<b>Power Endurance</b>  Easy-Moderate 40min  Skips, Drills  <b>8-10x 30-40sec Hill Reps @ 5K-3K Effort w/ 90sec Recovery</b>  <i>*Run a bit faster than last time</i>  Easy WD  PM- Optional Easy Run or XT	<b>Volume</b>  Easy 40-60min  AIS, FR	<b>AP Fartlek</b>  SWU  <b>3x Dynamic Fartlek As Before</b>  WD  PM- Optional Easy Run or XT	<b>Regeneration</b>  Very Easy 30-50min  AIS, FR	<b>Pre-Race</b>  Easy 30min  Skips, Drills  4-6x 100m Strides  Jog, Walk  AIS, FR	<b>Race</b>  SWU  <b>8K-15K Road Race of Your Choosing</b>  <i>(Or, complete a 10K time trial on a flat surface with training partners for friendly competition if possible. Input your time into a race conversion calculator to make sure you are reasonably on-track towards your marathon goal time)</i>  Longer WD to hit at least 90min for the day

3/17	<b>Regeneration</b> Very Easy 30-50min or XT AIS, FR  <b>*Six-Day Period of Reduced Load for Recovery</b>	<b>Regeneration</b> Rest Day Massage? AIS, FR  <i>*A walk is fine</i>	<b>Regeneration</b> Very Easy 40-60min AIS, FR	<b>Volume + NMT</b> Easy 50-70min  <b>Skips, Drills</b>  <b>6-8x 12sec MHS</b>  <b>Drills, Skips</b> Jog, Walk, AIS  Core, Etc	<b>Volume + NMT</b> Easy-Moderate 60min  <b>10x 100m Strides</b>  Jog, Walk	<b>Volume</b> Easy 40-60min AIS, FR	<b>Specific Marathon Endurance</b> SWU  <b>10-12x 1K @ 100-105% of GP, 1K Moderate @ 80-85% of GP</b> <b>Continuous Alternations for 20-24K</b>  WD  CLC, AIS
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3/24/19	<b>Regeneration</b> Very Easy 20-40min, XT, or Rest AIS, FR  <i>*It's especially important to stay on top of your sleep, nutrition, hydration, and self-care during this period. These are BIG workouts, and require consistent attention to recovery details to ensure that you</i>	<b>Volume</b> Easy 40-60min AIS, FR	<b>Volume + NMT</b> Easy 60min  <b>Skips</b>  <b>8x 12sec MHS</b>  <b>Skips</b> Jog, Walk AIS, FR	<b>AP Fartlek</b> SWU  <b>4x Dynamic Fartlek</b> WD  <i>Or....</i>  <b>pHTI</b> SWU  <b>10x 800m @ 110-115% of GP</b>	<b>Regeneration</b> Very Easy 30-50min AIS, FR	<b>Volume</b> Easy 50-70min Skips AIS, FR	<b>Aerobic Power</b> SWU  <b>5-7x 1600m @ 100-105% of GP w/ 90sec Recovery Jogs</b>  Easy 3:00  <b>4-6x 200m @ 5K-3K Effort w/ 200m Recovery Jogs</b>  Longer WD + CLC AIS, FR
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<p><i>are positively adapting to them and staying healthy. You'll notice also that a few workout days have two options. Choose the option that best fits your schedule, strengths, and preferences as a runner.</i></p>			<p><b>w/ 3:00 Recovery Jogs</b></p> <p>WD</p> <p>PM- Optional Easy Run or XT</p>			<p><i>*15-17mIs Total</i></p>
<p>3/31/19</p> <p><b>Regeneration</b></p> <p>Very Easy 20-40min, XT, or Rest</p> <p>AIS, FR</p>	<p><b>Regeneration</b></p> <p>Very Easy 30-50min</p> <p>AIS, FR</p>	<p><b>Volume + NMT</b></p> <p>Easy 50-70min</p> <p>Skips, Drills, Light Strides</p> <p>AIS, FR</p>	<p><b>AP Fartlek</b></p> <p>SWU</p> <p><b>3-4 x Dynamic Fartlek</b></p> <p>WD</p> <p>Or...</p> <p><b>pHTI</b></p> <p>SWU</p> <p><b>8x 800m @ 110-115% of GP w/ 3:00 Recovery Jogs</b></p> <p>WD</p> <p>PM- Optional Easy Run or XT</p>	<p><b>Volume</b></p> <p>Easy 40-60min</p> <p>AIS, FR</p>	<p><b>Volume</b></p> <p>Easy 50-70min</p> <p>Skips</p> <p>AIS, FR</p>	<p><b>Specific Marathon Endurance</b></p> <p>SWU</p> <p><b>11-15mIs @ 95-100% of GP</b></p> <p>WD</p> <p><i>*This is a full dress rehearsal. Wear your planned race kit, practice your pre-race breakfast, start at the same time of day as the race, etc</i></p> <p><i>*This tempo should optimally be 80-90min in duration, so base your distance off that marker</i></p> <p>CLC, AIS</p>

<p>4/7/19</p> <p><b>Regeneration</b></p> <p>Very Easy 20-40min, XT, or Rest</p> <p>AIS, FR</p>	<p><b>Regeneration</b></p> <p>Very Easy 40-50min, XT, or Rest</p> <p>AIS, FR</p>	<p><b>Volume</b></p> <p>Easy 50-60min</p> <p>Skips, Drills</p> <p>AIS, FR</p>	<p><b>Volume + NMT</b></p> <p>Easy-Moderate 50-60min</p> <p><b>Skips</b></p> <p><b>4-6x 12sec MHS</b></p> <p>Or... <b>6-8x 100m Strides</b></p> <p>Jog, Walk, AIS</p>	<p><b>AP Fartlek</b></p> <p>SWU</p> <p><b>2-3x Dynamic Fartlek</b></p> <p>WD</p> <p>Or...</p> <p><b>pHTI</b></p> <p>SWU</p> <p><b>8x 600m @ 110% of GP w/ 2:00 Recovery Jogs</b></p> <p>WD</p>	<p><b>Regeneration</b></p> <p>Very Easy 30-40min</p> <p>AIS, FR</p> <p><i>*Wash your hands frequently, don't touch your eyes/mouth, take some extra vitamin C, D, and zinc if applicable to protect your immune system</i></p>	<p><b>Pre-Race</b></p> <p>Easy 30-50min</p> <p>AIS, FR</p> <p><i>*If you are especially tired from travel, have any lingering sore spots, etc, it is perfectly fine to take today off from exercise. When in doubt, rest and be fresh!</i></p>
<p>4/14/19</p> <p><b>Pre-Race</b></p> <p>Easy 30min</p> <p><b>Skips</b></p> <p><b>4x 100m Strides</b></p> <p>Jog, Walk, AIS</p>	<p><b>Race</b></p> <p><b>Boston Marathon!</b></p> <p><i>*Pace yourself intelligently during the opening half, and trust your training! You are fit and race-ready!</i></p>	<p><b>Regeneration</b></p> <p>Walk for 30-60min</p> <p>AIS</p> <p><i>*Can be sight-seeing, etc. Enjoy yourself!</i></p>	<p><b>Regeneration</b></p> <p>Walk for 30-60min</p> <p>AIS</p>	<p><b>Regeneration</b></p> <p>Rest</p> <p>Massage?</p>	<p><b>Regeneration</b></p> <p>Rest</p> <p>AIS</p>	<p><b>Regeneration</b></p> <p>Walk for 30-60min</p> <p>AIS, FR</p>

## **Glossary**

**CLC-** “Colorado Leg Circuit” derived from Jay Johnson and Vern Gambetta; 10x Forward Lunge, 10x Backward Lunge, 10x Cross-Over Lunge, 10x Lateral Shuffle each direction, 12x Body Weight Squats, 12x Wide-Stance BW Squats, 15-20x Wide-Outs, 8x Rocket Jumps, 12x Russian Hamstring, 12x Donkey Kicks, finish with light skips for 30-40m

**AIS-** Active Isolated Stretching; research **Phil Wharton’s AIS on YouTube**; flexibility technique where you work through a muscle/joints range of motion with 2-3 second holds rather than the traditional 20-30sec; complete 8-10 reps of each exercise

**Core-** choose eight exercises from below to include each week with variety; Front, Side, Back Planks, Bird-Dogs, Low/Upper Back Raises, Oblique Crunches, Standard Abdominal Crunch, Leg Raises, Bridges, Russian Twist, V-Sits, Scissor Kicks, Lateral Leg Raises, etc.

**MHS-** Max Hill Sprints; as they sound, find a steep hill and run up the grade at maximal effort with full recovery; used to improve power and decrease injury risk

**Technique Drills-** drill set used as part of a race/workout warm-up or warm-down to improve form and technique; 50m each of lateral skipping, backwards skipping, high-knee march, high-knee run, tail kicks, power skipping (bound up for height with knee up as high as possible), fast feet, straight-leg run (like a football player scoring a touchdown), backwards jogging, forward skipping

**Standard Warm-Up (SWU):** Four part warm-up to be used before most workouts and races

- 1) Flexibility/Joint Integrity- begin with **Jay Johnson’s Lunge Matrix Warm-Up** and some light AIS as noted above
- 2) Thermal Warm-Up- Easy 15-30min Run (Often in Extra Clothes) to increase muscle temperature
- 3) Metabolic Warm-Up- End easy run with 1-2min of up-tempo running to increase blood vessel dilation and aerobic enzymes
- 4) Mechanical- Finish warm-up with a set of Technique Drills and 4-6x100m Strides about 5min before the gun or start of workout

**Warm-Down (WD)-** Easy 10-30min Run with a few light strides to clear lactate from the blood, 2-5min Backwards Running, AIS, Foam Rolling



## **Basic Pace Table**

You will notice that many of your high-quality runs are based off percentages of target race pace. The easiest way to calculate those paces is to divide your target pace per mile into seconds (ie- 6:00 per mile = 360sec per mile), and then use simple math to find the target percentage (ie- 90% of 6:00 pace would be 6:36 per mile, 110% would be 5:24 per mile). These are rough guidelines, but will help guide your training's relative effort zones throughout this plan.

This plan will work best for those with a time goal of 2:30-3:30 at Boston. More experienced and/or faster runners will want to complete their sessions on the upper end of the listed volume/pace ranges, while newer and/or slower runners will want to exercise more caution when given a range of paces/durations in the plan.

The below terms appear frequently in the plan. Use these zones as a rough guide.

**Regeneration**- used purely for recovery between harder sessions; always less than 70% of GP (as slow as you can go without compromising good mechanics)

**Easy Running (Volume)**- general aerobic running ("daily run" pace @ 70-80% of Goal Pace)

**Aerobic Resistance (Endurance)**- moderate to medium effort running for basic aerobic support @ 80-90% of GP

**Marathon Pace Training**- strong aerobic running nearing marathon race pace @ 90-100%; the duration of these runs, terrain, and your level of freshness will determine the precise pace

**Aerobic Power**- Bridging the gap between your aerobic and lactate thresholds, this will be where most of your long intervals, fartlek, and faster tempos will stay for this cycle; 105-110% of GP (think, half-marathon effort or slightly faster)

**pH Threshold Intervals (pHTI)**- This will fall pretty close to one's pH threshold, or the point at which the blood becomes acidotic. Work in this zone will elevate your fitness ceiling by oxidizing the fast twitch muscle fibers, improving your economy at race pace, and stimulating maximum oxygen uptake (V02 Max); 110-115% of GP (think, 10K-5K Effort)

**Mechanical Speed/Muscular Power**- usually short bouts of fast running done with long recoveries; can also be hill work, strides, fartlek etc. which are not always timed (5K-800m Rhythm)

#### About the Author

Peyton Hoyal was a 2009 NAIA Track & Field All-American at Berry College in Georgia, and now resides in Charlottesville, VA where he works as a sales manager in the running footwear industry. A former high school teacher and coach, he honed his craft with young runners before taking-on a private coaching enterprise in 2013.

Peyton has worked with the ZAP Fitness Olympic Development Group as an adult coach, writes extensively on the sport through various media sites, and has spoken at such events as the annual Endurance Magazine Fitness Expo in Raleigh, NC. He still trains at a high level himself, and is available for personal coaching to anyone who wants to take their running to the next level. He can be contacted at [phoyal123@gmail.com](mailto:phoyal123@gmail.com).



