

BOSTON 18-WEEK TRAINING PLAN

PACE CHART

Marathon	Marathon Pace	Tempo Pace	Base Pace
6:00:00	13:45	13:30	14:30
5:45:00	13:10	12:50	13:55
5:30:00	12:35	12:00	13:20
5:15:00	12:00	11:35	12:40
5:00:00	11:25	10:55	12:10
4:45:00	10:50	10:25	11:25
4:30:00	10:15	9:55	10:55
4:15:00	9:45	9:20	10:25
4:00:00	9:10	8:35	9:50
3:45:00	8:35	8:05	9:10
3:30:00	8:00	7:25	8:30
3:15:00	7:25	7:00	8:00
3:00:00	6:55	6:35	7:15

WEEKLY STRUCTURE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Speed	Base	Tempo	Base/Off	Base	Long	Base/Off

INSTRUCTIONS

1. The weekly structure provides you the opportunity to have the framework and review the expectations each week. The weekly structure is not required to be followed, but it is important to rotate between high intensity workouts and recovery runs, without running high intensity workouts back-to-back.

The speed runs are the workouts that will build your anaerobic threshold to increase efficiency, cadence, and form. They should be hard and fast, but your increased fitness will allow you to handle the increase in effort as we progress through the season.

The base runs are recovery runs that should be comfortable, even if you are tired or sore. While these runs may not be easy, they should not cause elevated heart rates or shortness of breath. New runners should be on the lower end of the mileage range with more experienced runners on the higher end of the mileage range depending on the history and ability of the runner.

The tempo runs are used to build strength and aerobic threshold. While these are workouts, the energy exerted should be less than the speed runs and you should be able to talk a little during these runs.

The long runs are going to increase over the training schedule. The effort necessary to continue the increase in distance will balance the increased distance you are running, so the run does not need to be faster than base pace.

All runners should try to run the runs with negative splits so that the average pace in the pace chart is achieved with the first few miles 10-15 seconds slower than pace with a gradual progression through the run.

Off days need not be without activity. More experienced runners may want to add yoga, Pilates, cross training, or another easy run. Less experienced runners may need to use one of the recovery days as an additional day off. You will have to weigh the benefit of the additional miles with the risk of training too hard. Ultimately, only you truly know your body to make that decision.

2. Speed Runs are interval workouts. Each workout is broken down such that you will run the prescribed segment at the indicated speed. After each segment, you will have recovery. If you are a new runner, the recovery should be stepping off the treadmill and catching your breath during the indicated time. If you are an experienced runner, you may want to jog for the time indicated. If you choose to jog during the recovery, the pace should be slower than base pace so you are recovered enough to run the next segment at the prescribed pace.
3. The workouts (Speed and Tempo Runs) are designed to be run on the treadmill and on the courses indicated. The base days and long runs can be run either on the treadmill or outside. If you run on the treadmill, you should continue running segments of the course you are training to race.
4. Before each Speed Run and Tempo Run, you should run between .50 miles and 1.50 miles of a warm-up to ensure your body is prepared for the increased effort. After the workout, you should run between .50 and 1.50 miles of cool-down to help your body relax and work the lactic acid out of your muscles.
5. Throughout the schedule, there will be some weeks where we have decreases in mileage in the workouts or in totality. This is designed to give you a mental and physical break to be able to regroup for the step-ups in miles and intensity the following weeks.
6. The taper is 3 weeks long. It will take half of that time to start to feel recovered and strong. To balance the decrease in distance, we maintain intensity to keep you sharp for race day.
7. You may add additional miles on the off days. But, any miles should be run so that they do not adversely impact your ability to run the workouts at the paces identified.

BOSTON 18-WEEK TRAINING PLAN

Week 1

Monday	Speed – 6 x .25 miles at (tempo pace -30 seconds per mile pace) with 90 seconds recovery after each .25 miles. We start out fast, but with lower quantity, to start working on turnover. We are running flat here, so start this run on mile 5 of the Boston course.
Tuesday	Recovery – 2-4 miles
Wednesday	Strength – 2 miles at tempo pace; 90 seconds rest; 1 mile at tempo pace. It is important to start working on getting comfortable with pushing the pace a little. This should not be all out, but not quite conversational, either. Start this run on mile 9 of the Boston course.
Thursday	Off or base miles
Friday	Recovery – 3-5 miles
Saturday	Long – 6 miles at (marathon pace +30 seconds per mile)
Sunday	Off or base miles
Week Total	15.5 miles to 19.5 miles for the week, does not include Thursday/Sunday base miles.

Week 2

Monday	Speed – 4 x .50 miles at (tempo pace -15 seconds per mile pace); 60 seconds rest; 4 x .25 at (tempo pace -30 seconds per mile pace) with 60 seconds rest after each interval. We are increasing the distance and working on finishing faster than we start. Start this run on mile 13 of the Boston course.
Tuesday	Recovery – 3-5 miles
Wednesday	Strength – 3 x 1 miles at tempo pace with 60 seconds rest after each mile. Continuing to get comfortable pushing the pace, let's also incorporate some hills. Start this run on mile 17 of the Boston course.
Thursday	Off or base miles
Friday	Recovery – 3-5 miles
Saturday	Long – 8 miles at (marathon pace +30 seconds per mile pace)

Sunday Off or base miles

Week Total 20.0 miles to 24.0 miles, does not include Thursday/Sunday base miles.

Week 3

Monday Speed - .50 miles at tempo pace with 90 seconds rest; 6 x .25 at (mile pace -30 seconds per mile pace) with 90 seconds rest after each repeat; .50 at tempo pace. The beginning and the end with feel easy compared to the middle. Start this run on mile 21 of the Boston course.

Tuesday Recovery – 3-5 miles

Wednesday Strength – 1 mile at tempo pace; 60 seconds rest; 2 x .50 at (tempo pace -15 seconds per mile); 60 seconds rest after each repetition; 60 seconds rest; 2 x .25 at (tempo pace -30 seconds per mile pace). It is important to practice finishing strong. Start this run on mile 17 of the Boston course.

Thursday Off or base miles

Friday Recovery – 3-5 miles

Saturday Long – 10 miles at (marathon pace +30 seconds per mile pace)

Sunday Off or base miles, does not include Thursday/Sunday base miles.

Week Total 28 miles to 32 miles

Week 4

Monday Speed – 4 x .50 miles at tempo pace; 90 seconds rest after each repeat; 4 x .25 miles at (tempo pace -30 seconds per mile); 60 seconds rest after each .25 repeat. Get into a rhythm, then get into a faster rhythm. Today, run the New York course, starting on mile 9.

Tuesday Recovery – 4-6 miles

Wednesday Strength – 2.5 miles at tempo pace; 90 seconds recovery; 1 mile at (tempo pace -10 seconds per mile). Today, we are increasing distances, but not paces. Effort will be a little higher as you start this run on mile 13 of the Paris course.

Thursday Off or base miles

Friday Recovery – 4-6 miles

Saturday Long – 12 miles at (marathon pace + 30 seconds per mile pace)

Sunday Off or base miles, does not include Thursday/Sunday base miles.

Week Total 26.5 miles to 30.5 miles

Week 5

Monday Speed – 4 x [.25 miles at tempo pace, .25 miles at (tempo -10 seconds per mile pace), .25 miles at (tempo -20 seconds per mile pace; .25 miles at (tempo -30 seconds per mile pace)] with 90 seconds in between each .25 miles. Each set for 4 will be a progression. Focus on form, forefoot striking, and relaxed upper body. Start this run on mile 9 of the Osaka course.

Tuesday Recovery – 5-7 miles

Wednesday Strength – 4 miles at tempo pace + 10 seconds pace. Nothing fancy, just grinding out some elevated miles. Start this run on mile 21 of the Twin Cities course.

Thursday Off or base miles

Friday Recovery – 4-6 miles

Saturday Long – 13 miles at marathon pace + 30 seconds per mile

Sunday Off or base miles, does not include Thursday/Sunday base miles.

Week Total 30 miles to 34 miles

Week 6

Monday Speed – 1 mile at tempo pace; 2:00 recovery; 6 x .25 at (tempo -30 seconds per mile pace) mile pace with 90 seconds recovery. After a little fatigue, be sure to lift those knees on the fast stuff. Start this run on mile 21 of the Rotterdam course.

Tuesday Recovery – 6-8 miles

Wednesday Strength - 2 miles at tempo pace; 90 seconds rest; 2 miles at (tempo pace -10 seconds per mile pace). Not a real tough work with the pace, so some extra hill work will be added. Start this run on mile 13 of the Osaka course.

Thursday Off or base miles

Friday Recovery – 3-5 miles

Saturday Long – 14 miles at (marathon pace +30 seconds per mile)
Sunday Off or base miles
Week Total 29.5 miles to 33.5 miles, does not include Thursday/Sunday base miles.

Week 7

Monday Speed – 6 x .50 miles at (tempo pace -20 seconds per mile pace); 90 seconds rest after each repeat. Some faster work today. Head over to the Chicago course and start this run on mile 13.
Tuesday Recovery – 6-8 miles
Wednesday Strength - .25 at (tempo pace – 30 seconds per mile; 3 miles at tempo pace; .25 miles at (tempo pace -30 seconds per mile) with 60 seconds recovery after each repeat. The first .25 will get your heart rate up, making the tempo feel a little easier. Start this run on mile 13 of the Big Sur course.
Thursday Off or base miles
Friday Recovery – 4-6 miles
Saturday Long – 15 miles at (marathon pace +30 seconds per mile pace)
Sunday Off or base miles
Week Total 31.50 miles to 35.50 miles, does not include Thursday/Sunday base miles.

Week 8

Monday Speed – 1 mile at tempo; 90 seconds recovery; 4 x .25 at (tempo -30 seconds per miles pace); 90 seconds recovery after each repeat; 1 mile at (tempo pace -10 seconds per mile pace). Start the run on mile 13 of the Queenstown course
Tuesday Recovery – 5-7 miles. Running on flat land is sometimes easy, but not the best way to prepare for elevation changes. Running easy or base effort on hills will make you faster and stronger. Today, start the run on mile 17 on the Boston course, incorporating the biggest climbs on the course. Remember, run relaxed, even on the uphill.
Wednesday Strength – 4 miles at tempo pace. As we progress through the longer strength runs, you will get used to being uncomfortable but under control. Start the run on mile 13 of the Tokyo course.
Thursday Off or base miles

Friday Recovery – 5-7 miles

Saturday Long – 13 miles at (marathon pace +30 seconds per mile pace)

Sunday Off or base miles

Week Total 30 miles to 34 miles, does not include Thursday/Sunday base miles.

Week 9

Monday Speed helps build strength, speed, and confidence. Today run 3 x 1 mile with 2:00 recovery starting on mile 17 of the Boston course at (tempo pace -15 seconds per mile pace).

Tuesday Recovery – 5-7 miles

Wednesday Strength – 3 miles at tempo pace; 2:00 recovery; 2 miles at (tempo pace -15 seconds per mile pace). We get longer as the season progresses. Sometimes you just have to make the choice to push, even if it is uncomfortable. You pick your miles on the course.

Thursday Off or base miles

Friday Recovery – 3-5 miles

Saturday Long – 16 miles at (marathon pace +30-45 seconds per mile pace)

Sunday Off or base miles

Week Total 32 miles to 36 miles, does not include Thursday/Sunday base miles.

Week 10

Monday Speed – We are at week 10. It is a good time to challenge yourself with increased paces. 4 x .50 at (tempo -35 seconds per mile pace) with 90 seconds rest; 4 x .25 at (tempo pace -45 seconds per mile pace) with 60 seconds rest. Start the run on mile 21 of the Boston course.

Tuesday Recovery – 6-8 miles

Wednesday Strength - You can't increase your aerobic threshold unless you practice running at your aerobic threshold. Today is a steady state day, running under control but a little uncomfortable for 5 miles at tempo pace. Start at mile 21 of the Twin Cities course.

Thursday Off or base miles

Friday Recovery – 3-5 miles

Saturday Long – 17 miles at (marathon pace +30-45 seconds per mile pace)

Sunday Off or base miles

Week Total 34 miles to 38 miles, does not include Thursday/Sunday base miles.

Week 11

Monday Speed – 4 x .25 at (tempo -35 seconds per mile pace); 90 seconds recovery after each; 1 mile at tempo pace; 90 seconds recovery; 4 x .25 at (tempo -40 seconds per mile pace) with 90 seconds recovery. Fast at the beginning and the end, with a nice easy tempo mile in the middle. Start this run on mile 13 of the Berlin course.

Tuesday Recovery – 6-8 miles

Wednesday Strength – 3 x 2 miles at tempo pace with 2:00 recovery after each repeat. Another grinder. Tempo pace will feel tougher as the workout progresses, so keep the pace honest early. Start this run on mile 17 of the Boston course.

Thursday Off or base miles

Friday Recovery – 4-6 miles. The more you run hills, the easier they become. Today, run comfortably at recovery pace starting the run on mile 21 of the Twin Cities course. Enjoy hitting the uphill early and the flat parts at the end.

Saturday Long – 18 miles at (marathon pace +30-45 seconds per mile pace)

Sunday Off or base miles

Week Total 37 miles to 41 miles, does not include Thursday/Sunday base miles.

Week 12

Monday Speed - .25 at (tempo -35 seconds per mile pace); 60 seconds recovery; .50 at (tempo -15 seconds per mile pace); 60 seconds recovery; .75 at tempo pace; 60 seconds recovery; .75 at tempo pace; 60 seconds recovery; .50 at (tempo -20 seconds per mile pace); 60 seconds recovery; .25 at (tempo -40 seconds per mile pace). We are running a ladder: short and fast to longer and slower, back to short and fast. Start this run on mile 13 on the Los Angeles course.

Tuesday Recovery – 7-9 miles

Wednesday	Strength - .25 at (tempo -45 seconds per mile pace); 4 miles at tempo pace; .25 at (tempo -45 seconds per mile pace) with 2:00 recovery after each. Get that heart rate up, then settle into tempo pace. Head over to the Tucson course and start at mile 9.
Thursday	Off or base miles
Friday	Recovery – 4-6 miles
Saturday	Long – 16 miles at (marathon pace +30-45 seconds per mile pace). As the long runs get longer, race specific work helps your mind get used to telling your legs to engage different muscles during the fatigue of grade changes. Today, run 16 miles at (marathon pace +20 seconds per mile) starting on mile 9 of the Boston course. This will incorporate most of the inclines over the course so you are prepared for the hills.
Sunday	Off or base miles
Week Total	34.5 miles to 38.5 miles, does not include Thursday/Sunday base miles.

Week 13

Monday	Speed – 2 x .50 at (tempo -15 pace second per mile pace); 2 x .50 at (tempo -30 seconds per mile pace); 2 x .50 at (tempo -45 seconds per mile pace). 90 seconds of recovery after each repeat. Fast, Faster, Fastest. Progression throughout the workout. Start at mile 5 of the Rotterdam course.
Tuesday	Recovery – 6-8 miles
Wednesday	Strength – 1 mile at tempo pace; 2:00 recovery; 3 miles alternating between 1 minute at (tempo -30 seconds per mile pace) and 3 minutes at base pace; 2:00 recovery; 1 mile at tempo pace. Learn to recover while running. You pick the course and miles today.
Thursday	Off or base miles
Friday	Recovery – 5-7 miles
Saturday	Long – 18 miles at (marathon pace +30-45 seconds per mile pace)
Sunday	Off or base miles
Week Total	37 miles to 41 miles, does not include Thursday/Sunday base miles.

Week 14

Monday	Speed – 3 x .50 at tempo pace; 2 x .50 at (tempo -15 seconds per mile pace); .50 at (tempo -30 seconds per mile pace) with 90 seconds recovery after each repeat. Backing off on intensity, but not quantity, for a little breather. Start at mile 13 of the Osaka course.
Tuesday	Recovery – 7-9 miles
Wednesday	Strength – 2 miles at tempo; 90 seconds recovery; 1 mile at (tempo -15 seconds per mile pace); 90 seconds recovery; 2 x .50 at (tempo -30 seconds per mile pace). Remind yourself that it is ok to be uncomfortable with each step up in effort. It will make you stronger. Start this run on mile 21 of the Tokyo course.
Thursday	Off or base miles
Friday	Recovery – 3-5 miles
Saturday	Long – 19 miles at (marathon pace +30-45 seconds per mile pace)
Sunday	Off or base miles
Week Total	36 miles to 40 miles, does not include Thursday/Sunday base miles.

Week 15

Monday	Speed – 4 x .75 at (tempo -15 seconds per mile pace) with 90 seconds rest. We need to get the hills under control. Start this run on mile 13 of the London course.
Tuesday	Recovery – 6-8 miles
Wednesday	Strength – 4 miles at tempo. Sometimes you don't need to make it complicated. Maintain pace through the hills. Start this run on mile 9 of the New York course.
Thursday	Off or base miles
Friday	Recovery – 3-5 miles
Saturday	Long – 20 miles at (marathon pace +30-45 seconds per mile pace)
Sunday	Off or base miles
Week Total	39 miles to 43 miles, does not include Thursday/Sunday base miles.

Week 16

Monday	Speed – 8 x .25 at (tempo -30 seconds per mile pace) with 60 seconds recovery. Short and fast. You pick the course and location.
Tuesday	Recovery – 6-8 miles
Wednesday	Strength – 2 x .75 at tempo pace; 2 x .75 at (tempo -15 seconds per mile pace); 2 x .75 at (tempo -30 seconds per mile pace) with 2:00 recovery after each repeat. Longer progressions to build confidence. And, feel how fast you are recovering. Start at mile 9 of the Boston course.
Thursday	Off or base miles
Friday	Recovery – 3-5 miles
Saturday	Long – 14 miles at (marathon pace +30-45 seconds per mile pace)
Sunday	Off or base miles
Week Total	29.5 miles to 33.5 miles, does not include Thursday/Sunday base miles.

Week 17

Monday	Speed – 1 mile at tempo; 2 x .50 at (tempo -15 seconds per mile pace); 2 x .25 at (tempo -30 seconds per mile pace) with 90 seconds recovery after each repeat. Even during the taper, effort has to remain high. After all, you will be putting forth major effort in the marathon. Start at mile 17 of the Boston course.
Tuesday	Recovery – 5-7 miles
Wednesday	Strength – 3 miles progression from marathon pace to tempo pace. Under control. There is no more fitness to be gained. Your choice of course and miles.
Thursday	Off or base miles
Friday	Recovery – 3-5 miles
Saturday	Long – 10 miles at (marathon pace +30-45 seconds per mile pace)
Sunday	Off or base miles
Week Total	23.5 pace to 27.5 miles, does not include Thursday/Sunday base miles.

Week 18

Monday	Speed – 6 x .25 at (tempo -30 seconds per mile pace) with 90 seconds recovery after each repeat. Nothing special. Just some turnover to stay sharp. Start this run on mile 13 of the Chicago course.
Tuesday	Recovery – 4-6 miles
Wednesday	Strength – 2 miles at marathon pace; 1 mile at tempo pace with 1:00 recovery. Last workout. The race is almost here. Stay calm. The nervousness is likely setting in. Start at mile 5 of the Boston course.
Thursday	Off or base miles
Friday	Recovery – 3-5 miles
Saturday	Off or base miles
Sunday	Recovery – 2-4 miles
Monday	Race Day!
Week Total	13.5 miles to 17.5 miles (plus the marathon, of course), does not include Thursday/Saturday base miles.