

2018  
**BOSTON MARATHON**  
TRAINING CLINIC

***YOUR TRAINING STARTS NOW!***

**TERRENCE MAHON**

# IMPORTANT DATES TO REMEMBER

DECEMBER 4: 19 WEEKS TO RACE DAY

DECEMBER 25: 16 WEEKS TO RACE DAY

JANUARY 22: 12 WEEKS TO RACE DAY

APRIL 16: 2018 BOSTON MARATHON

# PREPARATORY PHASE: 3 WEEKS

- **Establishing Base Training**
  - Easy Runs
  - Aerobic Runs
  - Long Runs
- **Introduction to Hill Repeats**
  - Uphills - Intensity, Pace, Distance, Mechanics
  - Downhills - Intensity, Pace, Distance, Mechanics
- **The First of Many Tempo Runs**
  - What is the Goal of the Tempo Run
  - What is the Correct Pace for the Tempo Run
  - Half Marathon v Marathon Efforts

# HALF MARATHON PHASE: 6 WEEKS

- **Interval Training**
  - Know Your 5k & 10k Paces
  - Track, GPS or Treadmill
  - Tempo Intervals
- **Marathon Simulation Runs**
  - Choosing Appropriate Course
  - Practice for Pace, Fueling, Shoes, etc
  - Adjusting for Weather Conditions
- **Long Run Variations**
  - Easy
  - Aerobic
  - Intervals

# MARATHON PHASE: 9 WEEKS

- **Specific Endurance**
  - Marathon Intervals, Tempos, Simulations
  - Overall Volume
  - Weekly Consistency
- **Fitness Assessments**
  - Marathon Simulations
  - Long Tempo Runs
  - Long Runs
- **Taper**
  - Gradual Reduction in Volume, Intensity, and Density
  - Weather Forecasting
  - Race Day Pace Plan

***QUESTIONS?***

***THANK YOU!***

***NEXT CLINIC:***

**FRIDAY, JANUARY 5**