

2012 BOSTON
MARATHON®

John Hancock
the future is yours®



Visit: <http://www.johnhancock.com/nonprofitprogram>

John Hancock Non-Profit Program
Training Manual



Table of Contents

2012 Boston Marathon Training Guidelines and Schedule _____	1
Calendar of Events _____	17
Training Log _____	20



Running Guidelines



Clothing

Everyone talks about shoes and the importance of breaking them in, but it is equally important to have worn your marathon apparel before the race. You need to know how it will fit, feel and perform on the day of the race. This includes preparing multiple outfits for varying race day weather conditions.

Concentration

While all workouts build the endurance necessary to cover the distance, equally important is your ability to concentrate when fatigued. Hills, long runs and intervals train the mind as well as the body.

Cross Training

Running in the water, cycling, and using the elliptical trainer are low impact exercises that you can substitute for running on days when your legs feel tired. Spend as much time cross training as you would spend running on that particular training day.

Eat Well

As a marathon runner you need to eat well to have the energy to train, recover and stay healthy.

Running Guidelines



Hills and Intervals

“Power workouts” build strength, speed, cardiovascular development, encourage proper running form and help practice concentrating when fatigued. Short, gradual hills may be 30 seconds long, medium hills 30 to 90 seconds, and long hills 90 seconds to three minutes. Recoveries should equal efforts. Begin with six and build to eight repeats.

Intervals are fast repeat runs over distances from a quarter mile to a mile or more. Recover by easily jogging for the same distance as the effort. For those at a higher level of fitness, the recovery job could be half the distance of the effort. Longer intervals are also encouraged. This keeps the heart rate elevated as well as your concentration level up for longer periods.

For intervals less than 400m, recover by jogging easily for the same DISTANCE as the effort. For intervals less than 400m, recover by jogging easily for the same TIME as the effort.

Hydration

Make sure you drink enough fluids – particularly water – every day. As you train, use your long runs to practice taking in fluids.

Listen to Your Body

Don't feel pressure to achieve the total weekly mileage. If something doesn't feel quite right, take a day off rather than run through the soreness. If an ache or pain persists, consult your doctor. In the long run, you'll be more successful.

Running Guidelines



Long Run

These runs increase your strength and endurance for marathon running. Run them at an easy pace as you're working on building distance not speed. Changing the pace can help break up your long run. Every 10 minutes of your long run, pick up the pace slightly for one minute. You can also try to run a 3-5 mile segment at an up tempo pace (not 10K pace but just increasing the effort). This gets the heart rate going, gets the run over quicker and again, forces you to concentrate a bit more during the run. Only do this occasionally as they can tire you out if you try to do too many. More is not always better!

Mileage

To calculate mileage, use your car odometer or a GPS watch that shows distance and mile pace. You can also refer to websites like "MapMyRun.com".

Rest Days

Use them. You want these days to build your strength and prevent injury.

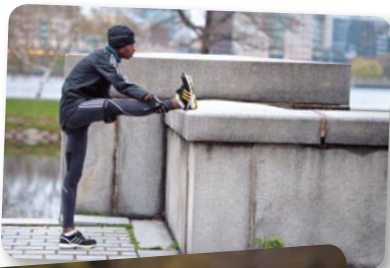
Run Easy

All running during the base building phase or easy run days should be completed at a relaxed, conversational pace. There's no need to time anything or worry about your mile pace. Feel free to switch days if another sequence fits better into your schedule.

Setting a Time Goal

Need a marathon time goal? If you've raced another distance, this link can help you. <http://runningtimes.com/Article.aspx?ArticleID=6765>
Remember, "To Finish is To Win."

Running Guidelines



Soft Surfaces

To help avoid injuries, choose soft surfaces for your runs whenever you can. If you get the opportunity to run on dirt packed trails every so often, your body will thank you.

Stretching

Stretch after every workout. You'll reduce muscle soreness and prevent injuries.

Strides

These are short bursts of 30-40 seconds of quicker running to boost fast leg turnover. Gradually build up to 4-6 strides towards the end of your easy run, before your cool down. Run them relaxed, with good running form, on a flat and even surface. Jog easily between strides until you're ready to stride again.

Warm Up and Cool Down

The distances include your 5-10 minutes of easy running to warm up and cool down.

Warm Up Races

Get ready for your Marathon race with some 5K, 10K and Half Marathon races. You want to run these comfortably hard but not all out. It'll give you a chance to get a feel for racing. You can also practice getting ready: pre-race eating, warming up, taking in fluids on the run, and recovering from your race efforts.

Running Guidelines



Week Before the Boston Marathon

If you find that you are becoming anxious about the Marathon, don't worry. Anxiety is a positive sign that you are preparing mentally and physically for the race. You're focused!

The Night Before the Boston Marathon

Prepare your race bag, prepare your race clothing (including gear for inclement weather), decide what you will eat pre-race, set your alarm clock, and get a good night's rest. Suggested packing list:

- Adhesive bandages
- Hat
- Mid-race nutrition (energy gel, etc.)
- Money
- Race number and pins
- Rain & cold weather clothing
- Running shirt
- Running shorts
- Shoes
- Shirt you would be willing to toss
- Snack and drink for pre-race
- Socks
- Sunblock
- Sunglasses
- Towel
- Vaseline or baby shampoo

Post Boston Marathon

Write a note to yourself about your race. You'll remember it best now that it's still fresh – and your notes will help you train for next year! Congratulations.

Recommended Marathon Training Schedules

It is important to maintain a proper work/life/training balance while you are preparing for a marathon. This may require skipping a run every so often and that is fine. Do not try to make up these runs, just continue on to the next day of your training schedule and pick up where you left off. Also, this schedule is not set in stone, please feel free to change it around to fit your needs.

BASE BUILDING								
WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Oct 31	Rest	3M	Rest	3M	Rest	4M	3M	13M
Nov 7	Rest	3M	Rest	3M	Rest	5M	4M	15M
Nov 14	Rest	4M	Rest	4M	Rest	4M	5M	17M
Nov 21	Rest	4M	Rest	4M	Rest	5M	6M	19M

- Base building is very important before beginning a marathon training program.
- Your pace during base building should be comfortable at all times.
- During easy runs you should be able to easily carry on a conversation with a running partner.
- If you are over 40 years old, consider taking at least 2 rest days a week. Older & Beginner runners should stress quality over quantity.
- Make a trip to a specialty running store to ensure you have the appropriate shoes for your training.
- Rest is the most important part of a training program. Resting muscles helps them get stronger.

KEY: M = Miles

BASE BUILDING

WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Nov 28	Rest	5M	Rest	5M	Rest	5M	6M	21M
Dec 5	Rest	5M	Rest	6M	Rest	6M	6M	23M
Dec 12	Rest	5M	Rest	6M	Rest	6M	8M	25M
Dec 19	Rest	6M	Rest	7M	Rest	6M	8M	27M

- Running with a friend or a group can help you get out the door during the winter months. You'll keep each other motivated.
- Remain flexible during training. If you miss a day or two of running, don't worry, just start up again.
- "Anybody can be a runner... We were meant to move. We were meant to run. It's the easiest sport."
 - Bill Rodgers, Four-time Boston Marathon Champion
- Questions about running and nutrition? Runner's World has some info at <http://askthesportsdietitian.runnersworld.com/>
- If your legs are tired, think about cross training: swim, bike, cross country ski or walk.
- Short on time? Some running is better than no running. Head out the door for a quick 15-20 minute run.

KEY: M = Miles

MARATHON TRAINING – NOVICE

WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Dec 26	Rest	Fartlek 5x 3 min. fast 6M	Easy 5M	Easy 4-7M	Rest	Easy 4M	8M	27 – 30M
Jan 2	Rest	Fartlek 5x 3 min. @ 10K pace 6M	Easy 5M	Easy 4-7M	Rest	Easy 4M	10M	29 – 32M
Jan 9	Rest	6x long hills @ 1 min. each 6M	Easy 5M	Easy 4-7M	Rest	Easy 4M	10K race or 12 Miles	25 – 34M
Jan 16	Rest	Easy 6M	Easy 5M	Easy 4-6M	Rest	Easy 4M	10M	29 – 31M

- All of your long runs should be run at a pace about 2 minutes per mile slower than your 10K pace.
- Hill running helps build strength. Make sure your body is warmed up and stretched before starting hill repeats.
- To add variety to your long runs, pick up your pace for just 30 seconds over the course of each mile.
- If the temp drops below 0 or wind chill is -20, consider using the treadmill.
- On very cold days, put heat warmers into your mittens – a better choice than gloves.
- Don't forget your hat during the winter – one that breathes a bit and covers your ears is best.

KEY: M = Miles K = Kilometers **5K or 10K race pace** = estimated pace you could run one of those races on the day of the speedwork

Fartlek = sprinting and jogging off and on during a run. Start your first sprint after your body is warmed up, take a break in between sprints and don't forget to warm down.

MARATHON TRAINING – NOVICE

WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Jan 23	Rest	6x long hills @ 1:30 min. each 6M	Easy 5M	Fartlek 5x 4 min. 4-8M	Rest	Easy 4M	12M	31-35M
Jan 30	Rest	8x 400m @ 10K pace 6M	Easy 5M	Easy 4-7M	Rest	Easy 4M	10K race or 12M	25-35M
Feb 6	Rest	Easy 7M	Easy 6M	6x long hills 2 min. each 5-8M	Rest	Easy 6M	14M	38-41M
Feb 13	Rest	Intervals 5x 800m @ 10K pace 6M	Easy 5M	Easy 5M	Rest	Easy 5M	18M	39M

- Back off at signs of overtraining: heavy legs, loss of enthusiasm or appetite, change in sleep patterns, chronic muscle soreness.
- Negative split training is fun and useful: On an 'out and back' run, time your run out and then try to run a minute faster on your run back.
- Don't forget to celebrate your commitment to training. After a long run, plan an after-run brunch with your training partners or family.
- During one of your prep races, make sure you test how energy gels and sports drinks affect your body and race.
- Running on the marathon course is helpful, but not necessary.
- www.Baa.org has a lot of course information for you to look over.

KEY: M = Miles m = meters K = Kilometers

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Intervals = similar to Fartleks except you target a specific pace. Speed work helps your body know what it feels like to run a race pace.

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MARATHON TRAINING – NOVICE

WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Feb 20	Rest	6x long hills 2 min. each 7M	Easy 6M	Easy 5-9M	Rest	Easy 5M	Hyannis Half Marathon or 12M	35-40M
Feb 27	Rest	Intervals 2x 1M plus 2x 800m @ 10K pace 6M	Easy 6M	Easy 4-8M	Rest	Easy 5M	18M	39-43M
March 5	Rest	Easy 7M	Easy 6M	8x long hills 2 min. each 6-10M	Rest	Easy 6M	20M	45-49M
March 12	Rest	Intervals 3x 1M @ 10K pace 7M	Easy 6M	Easy 6-10M	Rest	Easy 3M	14M	36-40M

- At the start of any training run or race, think positively and remind yourself that you can accomplish your goals.
- Don't feel like finishing your long run? Tell yourself to run one more mile and then assess how you feel. A lot can change in that time.
- Get your running gear ready the night before you run, that way you are already committed to make it happen.
- Be sure to test your planned eating and hydration routine during one of your long runs, prior to race day.
- "I always say if the marathon is a part-time interest, you will only get part-time results."
— Bill Rodgers, Four-time Boston Marathon Champion
- Remember you're not always going to feel 'up' for a run. Try to take in the scenery, talk with a running friend, think about your day.

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MARATHON TRAINING – NOVICE

WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
March 19	Rest	8x long hills 2 min. each 7M	Easy 6M	Easy 6-10M	Rest	Easy 6	14M	39-43M
March 26	Rest	Easy 5M	Easy 6M	Easy 3M	Intervals 6x 800m @10K pace 6M	Easy 5M or Rest	10K race or 16 Miles	26-41M
April 2	Rest	Easy 4M	Easy 5M	Intervals 10x 400m @5K pace 5M	Easy 5M or Rest	Easy 4M	10M	28-33M
April 9	Rest	Easy 5M	Easy 3M 3x 200m strides	Easy 3M	Easy 3M or Rest	Easy 2M	Rest	13-16M

- Running shoes are good for 300-500 miles. Make sure you break in a new pair at least 2 weeks before the marathon.
- Motivate yourself with a movie night: Chariots of Fire, The Spirit of the Marathon, St. Ralph, The Jesse Owens Story.
- Resting before the marathon is the most important phase of your training. You have worked hard, now rest up!
- General Rule – 1 day of rest for every mile you raced. Do not train hard or race for 3 weeks after the marathon
- Find inspiration to renew your commitment to training and fundraising...almost there!
- Focus, Function, Finish!

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MARATHON TRAINING – INTERMEDIATE

WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Dec 26	Rest	Fartlek 5x 4 min. 7M	Easy 7M	Easy 8M	Rest or Easy 6M	Easy 5M	12M	39-45M
Jan 2	Rest	Fartlek 6x 4 min. @ 10K pace 8M	Easy 6-8M	Easy 8M	Rest or Easy 5M	Easy 5M	14M	41-48M
Jan 9	Rest	6x long hills @ 1:30 min. each 8M	Easy 6-8M	Easy 9M	Rest or Easy 8M	Easy 6M	10K race or 12 Miles	35-51M
Jan 16	Rest	Easy 8M	Easy 6-8M	Intervals 6x 800m @ 10K pace 7-8M	Rest or Easy 7M	Easy 4M	16M	41-51M

- All of your long runs should be run at a pace about 2 minutes per mile slower than your 10K pace.
- Hill running helps build strength. Make sure your body is warmed up and stretched before starting hill repeats.
- To add variety to your long runs, pick up your pace for just 30 seconds over the course of each mile.
- If the temp drops below 0 or wind chill is -20, consider using the treadmill.
- On very cold days, put heat warmers into your mittens – a better choice than gloves.
- Don't forget your hat during the winter – one that breathes a bit and covers your ears is best.

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MARATHON TRAINING – INTERMEDIATE

WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Jan 23	Rest	8x long hills @ 1:30 min. each 8M	Easy 6-8M	Easy 8-10M	Rest or Easy 8M	Easy 7M	12M	41-53M
Jan 30	Rest	6x 5 min. @ 10K pace 8M	Easy 7M	Easy 8M	Rest or Easy 7M	Easy 4M	10K race or 18M	33-52M
Feb 6	Rest	Easy 9M	Easy 10M	6x long hills 2 min. each 6-9M	Rest or Easy 7M	Easy 7M	12M	44-54M
Feb 13	Rest	Intervals 4x 1M @ 10K pace 9M	Easy 8M	Easy 9M	Rest or Easy 6M	Easy 4M	20M	50-56M

- Back off at signs of overtraining: heavy legs, loss of enthusiasm or appetite, change in sleep patterns, chronic muscle soreness.
- Negative split training is fun and useful: On an 'out and back' run, time your run out and then try to run a minute faster on your run back.
- Don't forget to celebrate your commitment to training. After a long run, plan an after-run brunch with your training partners or family.
- During one of your prep races, make sure you test how energy gels and sports drinks affect your body and race.
- Running on the marathon course is helpful, but not necessary.
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WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
Feb 20	Rest	8x long hills 2 min. each 9M	Easy 10M	Easy 9M	Rest or Easy 8M	Easy 7M	Hyannis Half Marathon or 12M	47-56M
Feb 27	Rest	Intervals 10x 800m @ 10K pace 9M	Easy 9M	Easy 11M	Rest or Easy 6M	Easy 4M	18M	51-57M
March 5	Rest	Easy 9M	Easy 8M	Easy 10M	Rest or 8x 1 min. strides 7M	Easy 8M	22M	57-64M
March 12	Rest	Intervals 5x 1 Mile @10K pace 9M	Easy 5M	Easy 7-10M	Rest or Easy 5M	Easy 4M	14M	39-47M

- At the start of any training run or race, think positively and remind yourself that you can accomplish your goals.
- Don't feel like finishing your long run? Tell yourself to run one more mile and then assess how you feel. A lot can change in that time.
- Get your running gear ready the night before you run, that way you are already committed to make it happen.
- Be sure to test your planned eating and hydration routine during one of your long runs, prior to race day.
- "I always say if the marathon is a part-time interest, you will only get part-time results."
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WEEK BEGINNING	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
March 19	Rest	Easy 7-9M	8x long hills 2 min. each 8M	Easy 8-11M	Easy 6M or Rest	Easy 8M	14M	51-56M
March 26	Rest	Easy 6-7M	Easy 6M	Easy 8M	Intervals 5x 1M @10K pace 7-8M	Easy 5M or Rest	10K race or 15 Miles	33-49M
April 2	Rest	Easy 6M	Easy 5M	Intervals 10X 400m @ 5K pace 7M	Easy 5M or Rest	Easy 5M	10M	33-38M
April 9	Rest	Easy 6M	Easy 3M 3x 200m strides	Easy 5M	Easy 3-4M or Rest	Easy 3M	Rest	20-21M

- Running shoes are good for 300-500 miles. Make sure you break in a new pair at least 2 weeks before the marathon.
- Motivate yourself with a movie night: Chariots of Fire, The Spirit of the Marathon, St. Ralph, The Jesse Owens Story.
- Resting before the marathon is the most important phase of your training. You have worked hard, now rest up!
- General Rule – 1 day of rest for every mile you raced. Do not train hard or race for 3 weeks after the marathon
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Calendar of Events



Suggested Races

Entering a 5K, 10K or half marathon provides a good start for marathon training. For races see www.coolrunning.com. Here are several races, among others, to consider:

Every Saturday and Sunday: Freedom Trail Run

www.freedomtrailrun.com
8:30 am Boston Common (Park & Tremont)

5K Run along historic Freedom Trail, includes free boat ride and great t-shirt.

Contact: Ed O'Connor (Freedom Trail Run),
Box 170750
Boston, MA 02117

Phone: (617) 398-0611
Email: info@freedomtrailrun.com

Sunday, January 1, 2012: 1st Run 5K & 10K

www.lowell1strun.com
11:00 am Lowell Elks Lodge
40 Old Ferry Road, Lowell, MA

Tech Tee to first 1000 entrants, Tech Hats to first 750 entrants, medals, food, band.

Contact: Sean Donnelly
44 Parkwood Drive
Pepperell, MA 01463-1335

Phone: (978) 382-2545
Email: sdonnelly65@hotmail.com

Calendar of Events



Sunday, February 5: Great Stew Chase

www.stewchase.com/stewchaseroadrace/

10:00 am Lynn, MA

Sunday, February 19: Foxboro Old Fashioned 10 Miler & Flat 5K

11:00 am Foxborough, MA

Race starts at 35 Neponset Ave.

10K Registration Fee: \$25 for those who pre-register

Contact: Jim Morris

Email: jimmor2@gmail.com

Sunday, February 26: Hyannis Half Marathon

10:00 am Hyannis, MA

www.hyannismarathon.com

to register and for information

\$45 before or on January 1, 2012

\$55 after January 1, 2012

(2,500 Person Registration Limit,
sold out Feb 1, last year)

OCTOBER / NOVEMBER

Week 24

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 31					
TUESDAY 01					
WEDNESDAY 02					
THURSDAY 03					
FRIDAY 04					
SATURDAY 05					
SUNDAY 06					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

OCT

NOV

NOVEMBER

Week 23

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 07					
TUESDAY 08					
WEDNESDAY 09					
THURSDAY 10					
FRIDAY 11					
SATURDAY 12					
SUNDAY 13					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

NOV

NOVEMBER

Week 22

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 14					
TUESDAY 15					
WEDNESDAY 16					
THURSDAY 17					
FRIDAY 18					
SATURDAY 19					
SUNDAY 20					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

NOV

NOVEMBER

Week 21

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 21					
TUESDAY 22					
WEDNESDAY 23					
THURSDAY 24					
FRIDAY 25					
SATURDAY 26					
SUNDAY 27					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

NOV

NOVEMBER/DECEMBER

Week 20

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 28					
TUESDAY 29					
WEDNESDAY 30					
THURSDAY 01					
FRIDAY 02					
SATURDAY 03					
SUNDAY 04					
TOTAL DISTANCE			WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)		

NOV

DEC

DECEMBER

Week 19

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 05					
TUESDAY 06					
WEDNESDAY 07					
THURSDAY 08					
FRIDAY 09					
SATURDAY 10					
SUNDAY 11					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

DEC

DECEMBER

Week 18

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 12					
TUESDAY 13					
WEDNESDAY 14					
THURSDAY 15					
FRIDAY 16					
SATURDAY 17					
SUNDAY 18					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

DEC

DECEMBER

Week 17

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 19					
TUESDAY 20					
WEDNESDAY 21					
THURSDAY 22					
FRIDAY 23					
SATURDAY 24					
SUNDAY 25					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

DEC

DECEMBER/JANUARY

Week 16

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 26					
TUESDAY 27					
WEDNESDAY 28					
THURSDAY 29					
FRIDAY 30					
SATURDAY 31					
SUNDAY 01					
TOTAL DISTANCE	WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)				

DEC

JAN

JANUARY

Week 15

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 02					
TUESDAY 03					
WEDNESDAY 04					
THURSDAY 05					
FRIDAY 06					
SATURDAY 07					
SUNDAY 08					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

JAN

JANUARY

Week 14

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 09					
TUESDAY 10					
WEDNESDAY 11					
THURSDAY 12					
FRIDAY 13					
SATURDAY 14					
SUNDAY 15					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

JAN

JANUARY

Week 13

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 16					
TUESDAY 17					
WEDNESDAY 18					
THURSDAY 19					
FRIDAY 20					
SATURDAY 21					
SUNDAY 22					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

JAN

JANUARY

Week 12

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 23					
TUESDAY 24					
WEDNESDAY 25					
THURSDAY 26					
FRIDAY 27					
SATURDAY 28					
SUNDAY 29					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

JAN

JANUARY/FEBRUARY

Week 11

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 30					
TUESDAY 31					
WEDNESDAY 01					
THURSDAY 02					
FRIDAY 03					
SATURDAY 04					
SUNDAY 05					
TOTAL DISTANCE			WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)		

JAN

FEB

FEBRUARY

Week 10

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 06					
TUESDAY 07					
WEDNESDAY 08					
THURSDAY 09					
FRIDAY 10					
SATURDAY 11					
SUNDAY 12					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

FEB

FEBRUARY

Week 9

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 13					
TUESDAY 14					
WEDNESDAY 15					
THURSDAY 16					
FRIDAY 17					
SATURDAY 18					
SUNDAY 19					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

FEB

FEBRUARY

Week 8

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 20					
TUESDAY 21					
WEDNESDAY 22					
THURSDAY 23					
FRIDAY 24					
SATURDAY 25					
SUNDAY 26					
TOTAL DISTANCE			WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)		

FEB

FEBRUARY/MARCH

Week 7

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 27					
TUESDAY 28					
WEDNESDAY 29					
THURSDAY 01					
FRIDAY 02					
SATURDAY 03					
SUNDAY 04					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

FEB

MAR

MARCH

Week 6

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 05					
TUESDAY 06					
WEDNESDAY 07					
THURSDAY 08					
FRIDAY 09					
SATURDAY 10					
SUNDAY 11					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

MAR

MARCH

Week 5

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 12					
TUESDAY 13					
WEDNESDAY 14					
THURSDAY 15					
FRIDAY 16					
SATURDAY 17					
SUNDAY 18					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

MAR

MARCH

Week 4

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 19					
TUESDAY 20					
WEDNESDAY 21					
THURSDAY 22					
FRIDAY 23					
SATURDAY 24					
SUNDAY 25					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

MAR

MARCH/APRIL

Week 3

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 26					
TUESDAY 27					
WEDNESDAY 28					
THURSDAY 29					
FRIDAY 30					
SATURDAY 31					
SUNDAY 01					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

MAR

APR

APRIL

Week 2

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 02					
TUESDAY 03					
WEDNESDAY 04					
THURSDAY 05					
FRIDAY 06					
SATURDAY 07					
SUNDAY 08					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

APRIL

Week 1

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 09					
TUESDAY 10					
WEDNESDAY 11					
THURSDAY 12					
FRIDAY 13					
SATURDAY 14					
SUNDAY 15					
TOTAL DISTANCE				WEEKLY GOALS (i.e. hydrate more, start slower, stretch more)	

APRIL

2012 Boston Marathon

DAY	DISTANCE GOAL	DISTANCE ACTUAL	TIME	ROUTE	COMMENTS
MONDAY 16					

Congratulations on completing the 2012 Boston Marathon!

Be sure to take a break from training over the next couple of weeks – you’ve earned it!



APR