

Boston 2023 18 week build							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	mpw
50 min pool run	9, w 5 x mile @ LT (60") 6:00, 5:58, 5:57, 5:55, 5:52	AM: 12 (easy -> aerobic, hilly route) PM: strength	7 easy, w hill sprints & downhill strides	6 easy	AM: 16 aerobic, with 2x 2mile @LT (1 mile float) 5:59/5:54 (6:42) 5:54/5:51 PM: strength	December 18th: rest	50
6 easy	AM: 8, w 6 x 800 @ 10k (2' rest, 3' after last rep) 4x 200 (200) 2:53, 2:53, 2:49, 2:51, 2:46, 2:45 / 34, 34, 33, 32 PM: strength	55 min pool run	10 (easy -> aerobic, hilly route)	AM: 7, w 3 x (5x 30s hill reps) (jog down and 3' between sets) PM: strength	6 aerobic	16 aerobic, progressing, hilly route	53
6 easy	AM: 10, w 3 x (1k @ 10k, 400 jog, 2k @ HM, 400 jog) 3: 36, 3:43/3:44; 3:33, 3:42/3:41; 3:30, 3:41/3:35 PM: strength	6 easy	10 (easy -> aerobic, hilly route) PM: strength	6 easy w hill sprints & downhill strides	AM: 17 w 12 steady (first 10 @ 6:50avg, last two @ 6:34, 6:19)	1st Jan: rest	55
6 easy	13 (easy -> aerobic, hilly route)	AM: 11 with 5x (1k @ 10k pace/1k float) 3:37/4:03, 3:35/4:01, 3:33/4:13 (hill), 3:34/4:04, 3:33/4:02 PM: strength	6 easy	8 easy (fly to UK, evening)	7th Jan: rest	Strength (wanted hill workout but DNR due to mild hamstring strain/tendonitis)	44
DNR, 8 mile walk + hamstring strength	4.5 easy (treadmill run, hamstring tolerated) + strength	5 easy (skipped LT workout)	6.5 easy	7 easy (fly to US, afternoon)	9 aerobic, progressing (7:30->7, last mile 6:30), hamstring a lot better	AM: 12 aerobic, w 2x 2mile @ MP (1 float) 6:20/6:19 (7:10) 6:22/6:12 PM: strength	44
5 easy	9 easy	AM: 10, w 3 x (mile @ 10k pace/ mile float) 5:44/6:29, 5:43/6:29, 5:37/6:45 PM: strength	55 min pool run	7 easy w strides	AM: 21 miles (2h45) easy PM: strength	22nd Jan: rest	52
5 easy	7 easy w strides	AM: 10 w 2mile T, 6x 1min hills, 2mile T 5:58/5:55, 5:45 avg hills, 5:53/5:48 PM: strength	7.5 aerobic	50 min pool run	6.5 easy w strides	AM: 18 w 8 mile progression (6:45->5:35), 4 easy, 4 steady (6:50) PM: strength	55
30th Jan: rest	6.5 easy	7.5 easy w strides	AM: 11 w 3x 2k @ 10k pace/2k float 7:12/8:07, 7:07/8:09, 7:03/8:08 PM: strength	10 (aerobic, hilly route)	6 easy	AM: 14 aerobic, hilly route, w 6x 30-45s downhill pickups PM: strength	55
50 min pool run	9 easy w strides	AM: 7 w 3 x 800/400/400 (90"/60" 60") 2: 49/80/81; 2:46/79/79/ (skipped this rep) 80/76. lcy--ran on the turf track PM: strength	10 aerobic, with w 10x 1 min on/2 min off fartlek over hills	6 easy	6 easy	20 w 14 steady @ 6:35 avg	58
13th Jan: rest	7 easy	7 easy, w strides	AM: 10, w 1 mile LT (400), 4 x 800 @ 5k (200, 400), 1 mile LT 5:49, 2:43 / 2:42 / 2:40 / 2:35, 5:40 PM: strength	10 moderate, hilly route	7 easy, w hill sprints & strides	17, w 10 x 1k/1k under/over MP 4:05/3:50 avg for sets 1-5, 4:00/3:45 for 6-10, last rep 3:38	58
50 min pool run	7 easy	7 easy w strides	AM: 10 w 1 mile LT (400), 4 x 1k @ 5k (200), 1 mile LT 5:45, 3:26 / 3:24 / 3:22 / 3:18, 5:32 PM: strength	10 moderate, hilly route	6 easy w strides	20 w 12 steady: overall avg 6:50 (w > 1,200 feet elevation), 12 @ 6:35ish	60
27th Feb: rest	7 easy	10 easy w hill sprints & strides	Wanted a light track workout but dealing with a v angry blister = improptu pool run day (55 mins w 6 x 2min hard/1 easy)	AM: 7 easy PM: 4 easy	7 easy w strides	AM: 6.5 mi w Shamrock 5k in 16:39 PM: 10 mi aerobic progression 7:40->6:08	52

55 min pool run	8 easy	AM: 13 w 3x 2mile HMP/1 mile float 5:55/5:52, 6:26 (headwind); 5:48/5:45, 6:33; 5:46/5:43, 6:20 (tailwind) PM: strength	10.5 aerobic, hilly route	7 easy w hill sprints	21.5 w 12 steady 6:48 avg pace, with 850 ft gain, last 10-12 miles around 6:30, closing in 6:20, 6:15, 6:08	12th March: rest	60
8 easy	7.5 easy	55 min pool run PM: strength	10.5 w 1 x 1000 @ 10k, 4x 800 @ 5k, 1x 1000 @ 10k, 2x 200 hard (half jog) 3:31; 2:42/:41/:39/:39; 3:24; 33, 32	DNR--hamstring a bit cranky after track workout; 40 mins rehab strength with no pain though	6.5 easy w strides	March 19th: 15.5 total, w New Bedford HM in 1:16:29	48
4 easy	AM: 8 easy PM: 4 easy	11 easy	10 easy	8 easy	15 w 4 x 2mi @ MP/ 0.5 mi float 12:13; 12:09; 12:12; 12:00 (6:30 pace for the floats)	26th March: rest	60
DNR--60 min pool run (some kind of toe sprain/pain at base of toe after Sat)	DNR--55 min pool run	6 easy (no pain)	10.5 aerobic w 4 x 0.5 mi uphill/downhill reps. 6:42 avg pace	13.5 easy	6 easy	DNR (pain at base of left toe returned yesterday)--1h40 pool run w 4 x 10 min @ LT effort	36
7 easy w strides	50 min pool run	11, w 3mile @ MP, 0.5 float, 2 mile MP, 0.5 easy, 1 mile @ LT 6:06/6:05/6:03, 6:03/6:03, 5:45 (floats @ 6:25 pace)	50 min pool run	8 easy, hilly route	55 min pool run	10 w 2mi @ MP 6:03/6:01	36
10 easy	12th April: rest	7 w 1600, 400/300/200, 1600 5:45, 73/56/32, 5:26	60 min pool run	7 easy	45 min pool run	4 easy w strides	28
17th April: BOSTON 2:44:36							