

Boston Marathon - Final Month

| Sunday  | Monday  | Tuesday        | Wednesday      | Thursday       | Friday | Saturday  | Weekly Total |
|---|---|----------------|----------------|----------------|--------|---|--------------|
| 20-Mar  | 21-Mar  | 22-Mar         | 23-Mar         | 24-Mar         | 25-Mar | 26-Mar  | 4 weeks out  |
| <b>4 Miles</b><br>New Bedford<br>1/2 Marathon<br>11AM | Workout <b>6 Miles</b><br>1 x 1600 @ mar<br>2 x 1200 @<br>10mi<br>2 x 400 @ 10k | <b>5 Miles</b> | <b>6 Miles</b> | <b>9 Miles</b> | Off    | Easy Long Run<br><b>22 Miles</b> (4 @<br>marathon pace) | 52-54 Miles  |
| 27-Mar  | 28-Mar  | 29-Mar         | 30-Mar         | 31-Mar         | 1-Apr  | 2-Apr   | 3 weeks out  |
| Off   | Workout <b>6 Miles</b><br>4 x 1200 (600 @<br>10k, 600 @<br>mar)                 | <b>5 Miles</b> | <b>3 Miles</b> | <b>8 Miles</b> | Off    | Easy Long Run<br><b>14 Miles</b>                        | 36-38 Miles  |
| 3-Apr   | 4-Apr   | 5-Apr          | 6-Apr          | 7-Apr          | 8-Apr  | 9-Apr   | 2 Weeks out  |
| <b>3 Miles</b>  | Workout <b>6 Miles</b><br>3 x 800 @ 10k<br>3 x 800 @ mar<br>(continuous)        | <b>4 Miles</b> | Off            | <b>5 Miles</b> | Off    | Easy Long Run<br><b>8 Miles</b>                         | 26-30 Miles  |
| 10-Apr  | 11-Apr  | 12-Apr         | 13-Apr         | 14-Apr         | 15-Apr | 16-Apr  | 1 Week out   |
| Off   | Workout <b>6 Miles</b><br>2 mi @ mar<br>(blinded)                               | Off            | <b>4 Miles</b> | Off            | Off    | Easy Long Run<br><b>2 Miles</b>                         | 12-14 Miles  |