




HEARTBREAKER | BEGINNER MARATHON PLAN

| BEFORE YOU BEGIN: | | | | | | |
|---|--|---|--|--|---|---|
| PROGRAM NOTES: | LONG RUN NOTES: | BOSTON/CHICAGO LOCAL SPEED WORKOUT NOTES: | FAQs: | HYBRID TRAINING | STRENGTH WORK | HEARTBREAK STUDIO CAMBRIDGE, MA |
| You should run 3-4 days Monday - Friday | LONG RUNS: Every Saturday at 9AM Heartbreak Run Co Netwon, MA | Refer to workout bank or join our sessions at Heartbreak. | Other cardio (spin, swimming, elliptical) ok to sub for easy days | When you need to skip running because something aches... | Strength work is great, and will make you a better runner. But running is priority #1 | Work hard in a controlled environment at your speed with a coach! |
| At least two days should be easy. (Don't do two back to back hard effort days) | LONG RUNS: Every Saturday at 7AM Heartbreak Run Co Chicago, IL | HEARTBREAKER PRACTICE: TUESDAY 6:30PM SOUTH END & NEWTON - BOSTON | Many questions will be answered throughout the training process. Be patient. | ...do cardio machines for 1.25x the amount of time it would take to run... | Prioritize running-specific strength, like in a Killer3s/Power60 class, or strides | Substitute any speed workout with DEERFOOT DASH or LONG & STRONG |
| "Easy" means EASY! It's a feeling not a pace. Preferably with NO GPS watch. | Yes, you should go to the long runs. Yes, there are runners just like you there. | HEARTBREAK SPEED RUN TUESDAY 6:30PM CHICAGO | Each day has a range of miles and it's ok to do less sometimes. | ...if able, jog 3 easy minutes on a treadmill mile after to keep running legs alive! | You should be fresh for workouts/long runs; avoid lifting the day before | Substitute an easy day with KILLER 3s or POWER 60 for recovery+strength |
| Don't increase your mileage by more than 15% / week at any point | MGP = Marathon Goal Pace - Not sure what that is? Relax and just run an easy pace. | SPEED/HILL WORKOUT: Heartbreak NEWTON WED 7PM - BOSTON | Always protect your future runs. Listen to your body. | Do any workout on a bike/elliptical/aquajog: 800=4min, 400=2min, 200=1min | | Find out more at heartbreakhillrunning company.com |
| Don't go more than 3 "high" mileage weeks in a row without a "low" week | Be patient. You'll find your pace. | SPEED/HILL WORKOUTS: Heartbreak SOUTH END THURS 6:30PM - BOSTON | | Adjust your effort to match the paces, it doesn't need to be exact. | | Treadmill experiences delivered ANYWHERE heartbreakersrun.com! |
|  | Notes: | | | | | |
| | DEVELOPING WHAT YOU THINK IS AN INJURY? Protect your marathon! Go see a professional ASAP! BOSTON: Wellness in Motion Boston & Joint Ventures Physical Therapy. CHICAGO: ASK LUC ALL QUESTIONS will be answered via Video Coach Q&A sessions posted in the Heartbreaker Facebook Pages. Go to heartbreakhillrunningcompany.com for information about the Heartbreakers and Heartbreak Studio | | | | | |


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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|------------------------------------|---------------------|--|---------|-------------------|-----------------------------------|
| 6/24/19 | Week 1 | | | | | |
| EASY 2 - 4 miles, 4x strides, abs or DAY OFF | Day off | WORKOUT OF THE WEEK | EASY 2 - 4 miles, 4x strides, abs or DAY OFF | Day off | 6 miles easy | Yoga or Gentle non-running cardio |
| 7/1/19 | Week 2 | | | | | |
| EASY 2 - 4 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 7 - 9 easy | Yoga or Gentle non-running cardio |
| 7/8/19 | Week 3 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 9 - 11 miles easy | Yoga or Gentle non-running cardio |
| 7/15/19 | Week 4 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 6 - 8 miles easy | Yoga or Gentle non-running cardio |
| 7/22/19 | Week 5 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 9 - 11 miles easy | Yoga or Gentle non-running cardio |
|  | Notes: | | | | | |
| | Phase I: LAY THE FOUNDATION | | | | | |


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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|-----------------------|--|---------|--------------------------------------|-----------------------------------|
| 7/29/19 | Week 6 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 10 - 12 miles | Yoga or Gentle non-running cardio |
| 8/5/19 | Week 7 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | WORKOUT OF THE WEEK | EASY 5 - 7 miles; abs | EASY 3 - 5 miles; 6x strides; abs/core | Day off | 7 - 9 miles; comfortable pace | Yoga or Gentle non-running cardio |
| 8/12/19 | Week 8 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | WORKOUT OF THE WEEK | EASY 5 - 7 miles; abs | EASY 3 - 5 miles; 6x strides; abs/core | Day off | 12 - 13 miles | Yoga or Gentle non-running cardio |
| 8/19/19 | Week 9 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | WORKOUT OF THE WEEK | EASY 5 - 7 miles; abs | EASY 3 - 5 miles; 6x strides; abs/core | Day off | 13 - 14 mile run | Yoga or Gentle non-running cardio |
| 8/26/19 | Week 10 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 10 miles; Hone in on MGP for 8 miles | Yoga or Gentle non-running cardio |
|  | Notes: | | | | | |
| | Phase II: BUILD STRENGTH & COMFORT OVER DISTANCE | | | | | |

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------------|-----------------------|--|---------|---|-----------------------------------|
| 9/2/19 | Week 11 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | WORKOUT OF THE WEEK | EASY 5 - 7 miles; abs | EASY 3 - 5 miles; 6x strides; abs/core | Day off | 15 miles | Yoga or Gentle non-running cardio |
| 9/9/19 | Week 12 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 16 miles | Yoga or Gentle non-running cardio |
| 9/16/19 | Week 13 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 10 - 12 miles; HONE IN ON MGP! | Yoga or Gentle non-running cardio |
| 9/23/19 | Week 14 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | WORKOUT OF THE WEEK | EASY 5 - 7 miles; abs | EASY 3 - 5 miles; 6x strides; abs/core | Day off | 18 miles | Yoga or Gentle non-running cardio |
| 9/30/19 | Week 15 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 3 - 5 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 13 - 14 miles; Hone in MGP for last 4 miles | Yoga or Gentle non-running cardio |
|  | Notes: | | | | | |
| | Phase III: GO LONG. | | | | | |

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|---|---|-------------------------|--|---------|--|-----------------------------------|
| 10/7/19 | Week 16 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | WORKOUT OF THE WEEK | EASY 5 - 7 miles; abs | EASY 3 - 5 miles; 6x strides; abs/core | Day off | 20 miles; LONGEST LONG RUN! | Yoga or Gentle non-running cardio |
| 10/14/19 | Week 17 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 5 - 7 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 12 miles; warm up 4 miles, next 8 @ MGP | Yoga or Gentle non-running cardio |
| 10/21/19 | Week 18 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | EASY 5 - 7 miles | WORKOUT OF THE WEEK | EASY 3 - 5 miles; abs/core | Day off | 8 miles @ MGP | Yoga or Gentle non-running cardio |
| 10/28/19 | Week 19 | | | | | |
| EASY 3 - 5 miles, 4x strides, abs or DAY OFF | DYNAMIC WARM UP; 3 miles @ MGP; 4x 200 @ 5K pace, 200 easy recovery btwn each | 4 - 5 miles 6 x strides | DYNAMIC WARM UP; 1.5 miles @ 5K pace; recover; cool down | Day off | Day off or Dynamic Warm up (10 min running easy) | RUN MARATHON |
| | Week 20 | | | | ENTER RACE DATE ==> | 11/3/19 |
| | RECOVER | | | | | |
|  | Notes: | | | | | |
| | Phase IV: FINISH STRONG. TAPER SMART. | | | | | |

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WORKOUT BANK:

Every workout should begin with:

10-20 minutes of easy jogging
Active stretching
Dynamic drills
2 - 4 strides
(Refer to Heartbreaker Dynamic Warm Up Video in the Heartbreaker Portal for more details)
Start assignment

Every workout should end with:

10-20 minutes of easy jogging
(optional) Abs/Planks/Fire hydrants
Static stretch routine

WORKOUTS:

- Week 1** 10x (1 min @ 10K pace followed by 90 seconds "easy")
- Week 2** 6x 60 seconds steady 10K effort up hill, easy jog down recovery; 4 x 30 seconds @ 5K effort, easy jog down recovery
- Week 3** Hills: 2x 2min up, 4x 1min up, 6x 40sec up; faster as time gets shorter; easy jog down recovery; 2min @ 10K effort; 1 min @ 5K effort; 40 sec @ FAST!
- Week 4** 6 x 800m @ 5K pace; 400m easy jog recovery between each
- Week 5** 2 x (8 min @ MGP, 2min easy), 6 x (30 seconds strong, 60 seconds easy)
- Week 6** 3 mile tempo run on the track; 3 min break; 4 x 200 @ 5K pace, 200m jog
- Week 7** 5 min @ MGP, 2 min easy jog recovery, 6 x 30 sec @ 5K pace, 30 sec easy recovery; 5 min @ MGP, 2 min easy jog, 6 x 30 sec @ 5K pace, 30 sec easy recovery
- Week 8** 4x 800m (Paces: 5K, MGP, 5K, MGP, easy Jog recovery ~1:30-2min btwn each); 8 x 200m (Paces: MGP, 5k, 5K, mile) 200 m jog recovery
- Week 9** Hills: 4x 2min up, 4x 1min up, 4x 30sec up; faster as time gets shorter; easy jog down recovery; 2min @ 10K effort; 1 min @ 5K effort; 30 sec @ FAST!
- Week 10** 4x 800m (10k pace) 400 meter jog rest after 800s; 3min standing set break; 2x 800 (10K pace) 400m jog recovery; 4x200 (5k pace); 200m jog recovery
- Week 11** 10 x 60 seconds at 5K pace , 60 seconds easy recovery between each
- Week 12** 6x Long Hills (2-3min effort up hill or ~400m), easy jog down, 10K pace effort for uphill; 4x short hill faster (mile pace; 30 seconds up or ~100m)
- Week 13** 8 x 800m @ 5K pace; 400m easy jog recovery between each
- Week 14** 10 x 90 seconds @ 10K effort up hill; easy jog down recovery btwn each one
- Week 15** 6 min @ MGP, 2 min easy jogging, 6 min @ MGP, 2 min easy jogging, 6 x 200 @ 5K effort; 200 easy (or 6x 1min @ 5K effort / 1 min easy jog)
- Week 16** 10 x 800m @ 5K pace; 400m easy jog recovery between each
- Week 17** 1 mile (MGP), 3 min jog rest, 400m (10k), 2 min jog rest, 400m (5k), 2min jog rest, 400 (mile pace) 2 min jog rest, 1 mile (MGP), 3 min rest, 4x strides
- Week 18** 10 min @ MGP, 2 min rest; 4 x 200m @ 5K pace, 200m easy jog recovery; 10 min @ MGP, 2 min rest; 4 x 200m @ 5K pace, 200m easy jog recovery
- Week 19** refer to calendar
- Week 20** RACE!