

**FALL IS FOR  
MAJORS**



**FALL MARATHON  
TRAINING PLAN**

JUNE 2020

# FALL MARATHON KICKOFF

Hi Team,

Coaches Dan, Conor and Luc here, very excited to kick off your Fall Marathon Training Journey!

This one starts with a very different tone than any other given the facts of the world. Our programming is always built around creating a team atmosphere. The instant camaraderie of a shared goal quickly transforms strangers into teammates. Shared miles unite runners and forge friendships.

We realized over the last two months that a team doesn't necessarily require in-person meetups. Sure, we look forward to runs and cheers and beers like everyone else, but social media kept us connected, bonded, and inspired. It's a testament to the connective power of the run.

The reality is: we don't know what this fall will hold. At the moment, 4 Marathon Majors will go off in cities around the world. Like everyone, we watch and wait for the decisions of our elected officials and follow the guidance of the WHO. We understand many of the large races may not happen this fall, but we still want our bodies to be prepared if they do.

At Heartbreak, we believe you can train with intention and still enjoy yourself. For fall 2020, our focus is on fun & empowerment and we updated our training for this season. Obviously, there will still be long runs and workouts, but the plan is structured so that you run hard when you want and easy when you need. There will be a bit more volume and a bit less intensity. Our live sessions will be virtual and will help you set your tone & tempo each week.

Build good habits and stay consistent - this can still be a PR year. We want our scream tunnels, our Mount Roosevelts, our Heartbreak Hills, and our mile-long bridges this fall and we remain hopeful for those. In the mean time, we'll take to heart our collective running spirit and make the most of every day.

Remember that training for a race is a journey. The race doesn't start on a line in the fall, it starts now. Celebrate every moment you can - your first speed run, your longest run ever (that might be every Saturday for a while). Storing those memories will make race day an even greater victory lap.



# HOW TO USE THIS PLAN

Follow each week's workouts regardless of your goal race. When plans need to shift to accommodate race specificity for Boston, Chicago, or New York, it will be clearly noted (roughly 8 weeks out). Each month's workouts will be delivered the last week of the prior month.

This plan is built around a 7-day cycle, Monday to Sunday. We're providing the building blocks and you're putting them where you need them. Within each week, guidance will include two speed workouts, one long run, and a set of recovery days. Depending on your ability and experience you'll choose 1 or 2 speed days (red), 1-3 easy days (white), and a long run (black). Structuring your week as your schedule allows will free you up to make the best training decisions for yourself. For example, if Tuesday is generally full of meetings, errands and life, make that an easy day as opposed to also forcing in a hard workout.

Compiling too much life stress and running stress can be detrimental to your overall training. Our **only rule** is to avoid back-to-back hard days. To make it easy, you should always have a white box on either side of a black or red box. If you're a person that needs predefined structure, follow the sample setup on the following pages.

## SPEED WORKOUT

Red Boxes indicate speed or tempo runs. These runs are shorter intervals, hill repeats, or tempo running. They build speed, efficiency, pace awareness, leg drive, strength, and confidence. If you were a car, this would increase your engine's RPM. See final page for more details on Speed Run execution.

You will generally find two per week listed on the schedule.

## LONG RUN

This is where we gradually increase mileage and become marathoners. Because of the load put on your body, long runs count as hard efforts, but should always be at a fully conversational pace unless specifically noted. It's given as a range to accommodate for variations in your time and fitness.

In the car analogy, long runs increase your engine's MPG.

## RECOVERY DAY

Getting your legs and lungs doing light work helps flush and refresh your system. Recovery days are just as important as hard efforts. On hard days we break things down, on easy days, we rebuild. Adaptation happens on the easy days. Run the time you have at the effort you have.

This is like getting an oil change, refilling the gas tank, and cleaning your windshield - you're primed for the next day.



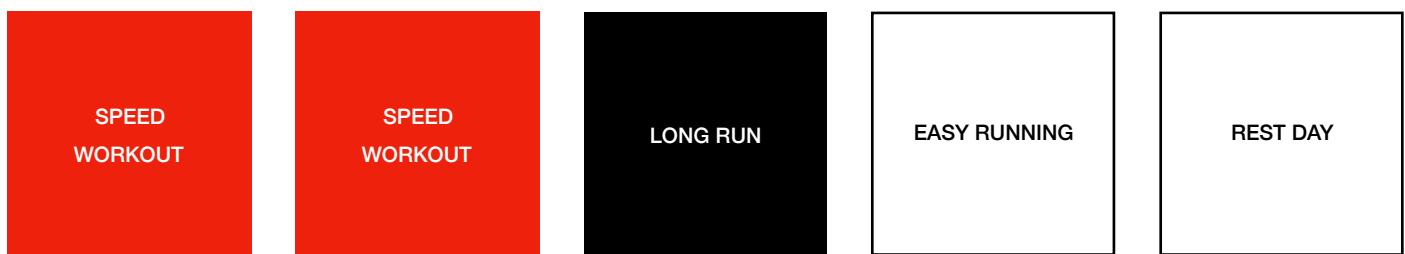
# BEGINNER LEVEL

## HOW TO USE THIS PLAN

If this is your first marathon, you've never done a speed workout, formal training is new to you, or you just want the gentlest training journey to the finish line choose the Beginner format. **Pick 1** speed workout, **1 long run**, and **the rest easy** (ideally at least two other easy running days for 4-5 total days of running). Sample training guidance delivery format below with examples of how to bring into your actual week further down. For long run distances, err on the lower side of the mileage guidance. For speed workouts, choose the one you like best. The important part is that you're getting speed in each week, not which one of the two you choose.

### SAMPLE TRAINING GUIDANCE (actual guidance on page 6)

WEEK #



### SAMPLE TRAINING GUIDANCE APPLIED TO YOUR ACTUAL WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SAMPLE WEEK 1	REST DAY & YOGA	20 MIN EASY RUNNING	SPEED WORKOUT	20 MIN EASY RUNNING	30 MIN EASY RUNNING	30 MIN EASY RUNNING	LONG RUN
SAMPLE WEEK 2	40 MIN BIKE RIDE	SPEED WORKOUT	REST DAY or YOGA	40 MIN EASY RUNNING	REST DAY or YOGA	LONG RUN	20 MIN EASY RUNNING



# INTERMEDIATE LEVEL

## HOW TO USE THIS PLAN

If you have raced the marathon or feel confident raving a half marathon well, have experience with speed work, and are ready to breakthrough with the race of your life, choose Intermediate Level. Each week, you'll do both speed workouts, a long run, and 1-3 easy days. Err on the long side of the long run guidance when you feel able.

### SAMPLE TRAINING GUIDANCE (actual guidance on page 6)

**WEEK #**



### SAMPLE TRAINING GUIDANCE APPLIED TO YOUR ACTUAL WEEK

Given the above week's workouts, below are two samples of how you could structure your days. Note that Long Runs don't need to happen on Saturdays, but we look forward to seeing you at our group runs when we're back in action!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SAMPLE WEEK 1	30 MIN EASY RUNNING	SPEED DAY	20 MIN EASY RUNNING	SPEED DAY	40 MIN EASY RUNNING	7 MILES	REST DAY or YOGA
SAMPLE WEEK 2	SPEED DAY	REST DAY or YOGA	SPEED DAY	40 MIN EASY RUNNING	REST DAY or YOGA	9 MILES	30 MIN EASY RUNNING



# JUNE 2020

## LAY THE FOUNDATION

MAY 25-31

4 X [5 MIN @ MGP; 2:30 MIN RECOVERY]  
4 X [1 MIN "ON"/1 MIN OFF; "ON" = ~10K PACE]

45 MIN OF CONTINUOUS RUNNING, PICK UP THE LAST 15-20 MINUTES TO A STEADY PACE (NO FASTER THAN TEMPO); 4 MIN JOG. 6 X 20 SECONDS STRONG, 40 SECONDS RECOVERY

8-12 MILES

20:00 - 40:00  
EASY RUNNING

REST DAY

JUNE 1-7

12 X (1:00 @ 10K PACE; 1:00 EASY JOG)

6X(3 MIN @ STARTING AT TEMPO WORKING UP TO 10K PACE WITHIN EACH ONE;  
2 MIN REGULAR (NOT EASY) PACE RECOVERY)

9-13 MILES

20:00 - 40:00  
EASY RUNNING

REST DAY

JUNE 8-14

6X 60 SECONDS STEADY 10K EFFORT UP HILL, EASY JOG DOWN RECOVERY; 4 X 30 SECONDS @ 5K EFFORT, EASY JOG DOWN RECOVERY

6 X 800M @ 5K PACE; 400M EASY JOG RECOVERY BETWEEN EACH

10-14 MILES

20:00 - 40:00  
EASY RUNNING

REST DAY

JUNE 15-21

600@10K WITH 100M JOG RECOVERY, 600@5K WITH 100M JOG RECOVERY, 400@(BETWEEN 5K & MILE) WITH 400 JOG RECOVERY // 3-4 TOTAL SETS

12 MIN TEMPO PACE; 4 MIN EASY JOGGING; 12 MIN TEMPO PACE; 4 MIN EASY; 6 X 20 SECONDS STRONG, 40 SECONDS RECOVERY

7-9 MILES

20:00 - 40:00  
EASY RUNNING

REST DAY

JUNE 22-28

5X(90S UPHILL AT 10K EFFORT, 90S REST; STRONG PACE DOWN HILL (QUICK LIGHTS STEPS, LEARN DOWNHILL EFFICIENCY), 2:00 REST); 1-2 MILES @ TEMPO

5 X [4 MIN @ TEMPO PACE, 1 MIN EASY, 2 MIN @ 10K PACE, 1 MIN EASY]

10-14 MILES

20:00 - 40:00  
EASY RUNNING

REST DAY

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# GLOSSARY & NOTES

**SPEED RUN NOTES:** Before you begin an assigned speed run workout, warm up with 8-16 minutes of easy jogging followed by active stretching, and 2 strides. When the workout is complete, recover completely and cool down with another 8-16 minute jog. If you have questions about what active stretching & strides look like, login to the Heartbreaker Virtual Training Center at [heartbreakersrun.com](http://heartbreakersrun.com) and watch the "Warm Up Drills - Workouts and Races" video in the "Abs and Drills" section.

**EASY RUN NOTES:** After easy runs once a week, catch your breath recover, and do 4 good strides. See definition below. Easy pace outlined below.

**Cross Training:** Alternative cardio work is an incredible asset to your training. When you feel like the miles are stacking up too heavy, take a break from the running and ride a bike, walk, jump rope, or strength train. Balancing the work you do on the runs will pay dividends.

**Core Work:** Twice weekly, login to the Heartbreaker Virtual Training Center and do one of the ab videos. Core strength is important to ensure your posture is strong with that, you can maximize your power.

**Yoga/Flexibility:** Yoga is a great way to work on core strength, flexibility, and recovery in one purposeful exercise. Login to the Heartbreaker Virtual Training Center for access to high level runner specific yoga content.

**Easy Pace:** It's all in the name, it's EASY! Most of your miles are easy. **Easy is a feeling not an exact pace** so expect it to vary quite a bit based on your life and training stresses. Listen to your body..

**MGP = Marathon Goal Pace:** Not sure what that is for you? Go to the pace calculator referenced in the body of the training emails, type in your most recent race (or a hard effort) and see what it says you may be capable of running for the marathon. It's often a moving target so you check in on the calculator again in a month. Don't worry about the pace too much in the first phase.

**5K/10K paces:** This does not need to be an exact science: 5K pace is fairly strong pace that you could do for 3 miles; 10K pace is one you could hold for ~6 miles (therefore, a little easier than 5K pace but still not easy). "Perceived effort" is a good enough guide but enter a recent race or hard effort into the pace calculator if you're looking for something more precise.

**Tempo pace:** This is a pace you could hold steady for an hour. You could talk at this pace but you don't want to. If it feels too hard, slow down a little. Don't over think it.

**Strides:** When you finish your run, stop, recover, and do some light stretching. Find a nice flat stretch of street (or grass or track) that's around 50 - 75 meters long. Gently accelerate with each step until you reach 75-85% of your max speed, hold that for 6-10 steps, then gradually slow down and stop. Catch your breath for 30-60 seconds and then do the same thing back to where you started. Each direction is counted as "1" so, out and back is "2". This exercise builds running efficiency, improves form, and will help you feel a little quicker the next day. The goal is to feel fast and light as best you can. At first they may feel awkward but eventually you can use them as a tool to make your legs feel better.

