


| Paul O'Connell - Boston 2015 | | | | | | | | | | | |
|----------------------------------|--|---|---|--|---|---------------|---|---|---|--------------------|-------------------|
| Week | Starting | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | Level of Intensity | Comment | Period |
| 0 | Jan 12th | | | Lactate Test | easy | easy | BHAA XC | 40 Mins easy recovery run | 2 | | Support Phase |
| 1 | Jan 19th | 40 Mins easy | 40 mins easy + 4 x hill sprints (see below for HS details) | Steady MP Run 40 mins @ MHR (150-154 HR). 12-15 min WU/WD | 50 mins easy | rest | Hill Session 12 x 60 seconds off jog back or 60 seconds recovery (if on continuous hill). 10-15 mins WU/WD | Long Run - 1 hour 30 mins easy with 6x2 min surges over last 30 mins | 3 | | Support Phase |
| 2 | Jan 26th | 50 mins easy + 6 x Hill Sprints | [Track] Cutdown Session - 10-15 Mins WU/WD. 12 Mins @ MHR 150-154 / 2 MIN BREAK / 10 mins @ LT HR 160-164 / 3 MIN BREAK / 8 x 400m in 80 seconds off 75 seconds recovery | 50 mins easy | 60 mins easy + 5 x 80m strides | rest | Marathon Specific Long Run - 10x1k @ Marathon HR (154-154). 1 km float recovery @ 7:30 per mile (Get HR to low 140's). 3k WU& WD. <u>N.B</u> One continuous run | 40 Mins easy recovery run | 4 | | Support Phase |
| 3 | Feb 2nd | 50 mins easy + 6 x Hill Sprints | Steady MP Run 50 mins @ MHR (150-154 HR). Followed by 4 x 20 sec strides. 12-15 min WU/WD | 60 mins easy | AM - 30 mins - 30 mins PM | rest | Hill Session 10 x 75 seconds off jog back or 60 seconds recovery (if on continuous hill). 10-15 mins WU/WD | Long Run - 1 hour 45 mins easy with 6x2 min surges over last 30 mins | 5 | | Support Phase |
| 4 | Feb 9th | 30 mins easy | rest | 30 min easy followed by 10x100m (jog back rec) | 30 mins easy | rest | Marathon Specific Long Run - 6x2k @ Marathon HR (154-154). 1 km float recovery @ 7:30 per mile (Get HR to low 140's). 3k WU& WD. <u>N.B</u> One continuous run | 30 mins easy | | Recovery week | Marathon Specific |
| 5 | Feb 16th | 45 mins easy + 6 x Hill Sprints | LT Workout 5x5 mins @ LT (160-164 HR) - 75 sec recovery. 12-15 min WU/WD | 50 mins easy | 60 mins easy + 5 x 80m strides | Rest | Marathon Specific Long Run - 8x2k @ Marathon HR (154-154). 1 km float recovery @ 7:30 per mile (Get HR to low 140's). 3k WU& WD. <u>N.B</u> One continuous run | 30 mins easy | 3 | | Marathon Specific |
| 6 | Feb 23rd | 60 mins easy | 60 mins easy + 6 x Hill Sprints | LT Workout 25 mins @ LT (160-164 HR). 15 min WU/WD | AM - 30 mins - 30 mins PM | Rest | 18 Mile easy - last 3m @ marathon HR | 45 mins easy | 4 | | Marathon Specific |
| 7 | Mar 2nd | 60 mins easy | LT Workout 5x6 mins @ LT (160-164 HR) - 75 sec recovery. 12-15 min WU/WD | 60 mins easy | 50 mins easy + 5 x 80m strides | Rest | Marathon Specific Long Run - 6x3k @ Marathon HR (154-154). 1 km float recovery @ 7:30 per mile (Get HR to low 140's). 3k WU& WD. <u>N.B</u> One continuous run | 50 Mins easy | 5 | hard week | Marathon Specific |
| 8 | Mar 9th | AM - 30 mins PM - 30 mins | 60 mins easy + 6 x Hill Sprints | LT Workout 25 mins @ LT (160-164 HR). 15 min WU/WD | AM - 30 mins - 30 mins PM | Rest | 22 Mile easy - last 2m @ marathon HR | 50 Mins easy | 4 | | Marathon Specific |
| 9 | Mar 16th | 40 mins easy + 8 x Hill Sprints | LT Workout 7x5 mins @ LT (160-164 HR) - 75 sec recovery. 12-15 min WU/WD | 45 mins easy | 35 mins easy + 5X20 sec strides (jog bac rec) | rest / travel | 20 min easy with 3 x hill strides | Race - 10 Mile - Mallow or Craughwell ?? | 3 | Race | Marathon Specific |
| 10 | Mar 23rd | 30 mins easy | 40 mins easy | REST | Fartlek Run - 50 mins - 15 easy WU / 20 Mins of controlled efforts of 20-60 sec duration / 15 easy WD | 30 Mins easy | 30 mins easy + 5 x 80m strides | Marathon Specific Long Run - 5x4k @ Marathon HR (154-154). 1 km float recovery @ 7:30 per mile (Get HR to low 140's). 3k WU& WD. <u>N.B</u> One continuous run | 4 | Recovery post race | Marathon Specific |
| 11 | Mar 30th | 45 mins easy | AM - 30 mins PM - 30 mins | 60 mins easy + 6 x Hill Sprints | LT Workout 25 mins @ LT (160-164 HR) | 60 mins easy | Rest | 18 Mile easy - last 3m @ marathon HR | 5 | Hard week | Marathon Specific |
| 12 | April 6th | 50 Mins easy | 40 mins easy + 6 x Hill Sprints | AM/Lunch 30 mins @ MP (HR 150-154) With 1 min surge down to LT effort every 6 mins- Short WU/WD. PM 20 mins easy | 50 Mins easy | 50 Mins easy | Rest | 6 Mile @ MP - 2 mile WU & WD | 3 | | Marathon Specific |
| 13 | April 13th | 35 mins easy | 50 mins including 5 x 30 second surges | REST | 6 Mile incl 10 min pick up to MP | 35 mins easy | rest / travel | 15 min easy with 3 x hill strides | 3 | | Marathon Specific |
| 14 | April 20th | Main Event - Boston Marathon | | | | | | | | | Marathon Specific |
| Hill Sprints | | Find a nice steep hill. Flat out 12-15 seconds sprint up, followed by walk back recovery. | | |  | | | Conditioning | | Recovery Nutrition | |
| Paces | Mile Pace | Heart Rate | Comment | A general routine of core exercises for 10-20 mins twice weekly is adequate. This should not replace or impact run training. E.g Planks / Med ball exercises / Obliques/ Push ups / Elbow to knee / Supermans / Donkey Kicks / Small Box Jumps | | | | After hard workouts or long runs, have recovery food within 15-20 mins. Options Recovery drink (2:1 Carb:Protein e.g Kinetica), Chocolate Milk, Banana, Dried Fruit. Get a full meal within 90 mins | | | |
| LT Effort (LT HR) | 5.57 | 160-164 | Do not exceed 164 | Strength | | | | Stretching | | | |
| Marathon Pace /Marathon HR (MHR) | 6.22 | 150-154 | Do not exceed 154 | Combine some leg strength exercises with the core routine. Sets of 4-6 reps. Add sets to progress (not reps). Only use body weight. | | | | Dynamic stretching & drills before hard workouts. | | | |
| Easy runs | Pace is not important on easy days, run by feel... | <140 | Anywhere below 140 is fine | Drills | Drills should be incorporated to warmups before hard workouts & races. E.G. High Knees / Bounding / Squats / Walking Lunges / Butt Kicks / Karaoikes / Knee to Chest / Quad stretch / Fast Feet | | Lunges (Front/Side/Reverse) Squats (Single & Double leg) Calf Rases (8 eccentric dips) Hamstring Curl (on Swiss Ball single & double leg) Step-ups (on box/chair) | | Static stretching of all leg muscle groups for 10-15 mins, 3 times per week (ALWAYS after training when well warmed up) | | |