

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	Long Run - 1 hour 45 mins easy	rest	30 mins + 4 x hill sprints	Race - National Masters XC	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	2	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	70 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	5		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	30 mins easy + 5 x 80m strides	Rest	20 min easy with 3 x hill strides	Race - Bohermeen HM	3	Race	Marathon Specific
8	Mar 9th	30 mins easy	40 mins easy	REST	Earliek Run - 50 mins - 15 easy WU / 20 Mins of controlled efforts of 20-60 sec duration / 15 easy WD	30 Mins easy	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	3	RECOVERY POST RACE	Marathon Specific
9	Mar 16th	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	60 Mins easy	4	Race	Marathon Specific
10	Mar 23rd	60 mins easy + 6 x Hill Sprints	LT Workout 7x5 mins @ LT (160-164 HR) - 75 sec recovery. 12-15 min WU/WD	60 mins easy	70 mins easy + 5 x 80m strides	REST	40 mins easy + 8 x Hill Sprints	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	5		Marathon Specific
11	Mar 30th	60 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	rest	K Club 10k	50 Mins easy	3	Race	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 / Karaokees / Knee to Chest / Quad stretch / Fast Feet			Lunges (Front/Side/Reverse) Squats (Single & Double leg) Calf Rases (& 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)		