

# GETTING STARTED CHECKLIST

The Boston Marathon is the greatest race in the world. The crowd, course, energy and history make this like no other race. Boston is also one of the most challenging marathon courses. This race will be a tremendous physical and mental challenge that will require dedication, desire, grit, toughness, time, and support from family and friends.

You need to train like a total athlete to conquer Boston.

The single most important training variable is injury prevention/injury management, whether you're a first timer, or an elite Kenyan.

Some key factors to reduce injury risk if you have injury concerns:

- ✓ Get a pre-season complimentary injury screening at Joint Ventures Physical Therapy to evaluate and assess weaknesses, imbalances and potential trouble spots that may cause injury down the road. These injury screenings are complimentary for all Furey 262 runners. Call 617-536-1611 to schedule.
- ✓ Pick a training plan that suits you. Base this plan on current running mileage, injury history, goals, time you can dedicate to training, and what you feel the body can safely handle. These programs can be adjusted as the season progresses to fit your needs.
- ✓ Most novices are fine with 3 run days per week, 4 days max.
- ✓ Increasing mileage too quickly, or running too many days per week, will increase risk for injury significantly. 10-15% mileage increase per week is optimal. The body adapts quickly cardio and muscle wise, but much slower joint, tendon, and ligament wise. This increase in weekly mileage maybe single most important training variable. You may feel like you could do high increases in mileage, but this is the progression that will keep you healthy. This is the single most important rule to follow
- ✓ Non-impact cardio is an excellent substitute for running. It will provide an excellent cardio, leg strength, and calorie burn while giving body a break from impact. Spin, stepper, swimming or pool running, elliptical, rower are all effective methods. Strength workouts performed at high tempo also provide an excellent cardio and strength workout.
- ✓ Perform total body strength training at least 2x week. Any method will work. TRX, CrossFit, free weights, body weight, power yoga, Pilates, dumbbells, bands, boot camp. Strength training protects against injury,

enhances running efficiency, and improves ability to handle downhill more effectively.

Key Areas: Core, legs, glutes and upper body. If you've never done strength exercise, a basic plan can yield huge results.

✓ Stretch and Foam Roll regularly. Stretch after running, foam roll before. This keeps tissues mobile and reduces risk of nagging overuse injuries. A massage gun also works in place of a foam roller.

✓ Get a good pair of running sneakers that fit your foot type. Take a trip to Heartbreak Hill Running Co. or Marathon Sports for a professional fitting.

- Long run is the single most important run component. It builds the physical and mental tolerance to run for hours. This schedule may need to be tweaked to meet your individual needs/abilities.
- Hill intervals are the second most important weekly workout. Running up and down hill is critical to success at Boston. It improves running speed and leg strength.
- Review nutrition. Eat clean and well balanced. Achieve and maintain ideal weight. Every extra pound costs 2.5 – 3.0 seconds per mile in addition to increasing joint load.
- Listen to your body. Rest and recovery key. Watch for signs of overtraining.
- Perform self-assessments at beginning of training to show areas of need and to measure progress.
  - Weight
  - Resting HR
  - Body fat% or circumference measured
  - Plank strength (Can you hold front plank for 2 minutes, side plank for 45 - 60 seconds?)
  - 1-mile time
  - 5k time
  - Upper body strength (Pushups, pull-ups...)
  - Mental toughness 1-10 scale

Please email [jfurey611@gmail.com](mailto:jfurey611@gmail.com) . If you would like, send me an overview of your current plan, and I will review and make recommendations.