

2021 Season - General Saturday Long Run Info

Long runs are scheduled to fall on each Saturday throughout the training season.

Weeks 1 - 5 and week 8 will be done on your own.

Group long runs begin week 6 (June 14th, 2021)

Long run lengths vary with each training program, but feel free to adjust mileage below or above recommendation as you see fit. Always run the first mile very easy and listen to your body.

Where & When: Group long runs start at the corner of Beacon Street and Charles Street inside of the Boston common. Please meet at that location between 6:30 and 6:45am to begin running with the group. If you are late, feel free to begin whenever you arrive.

Parking & Transportation: There is metered/app street parking along Charles Street and a parking lot below the Boston Common (Charles St Entrance). You can also access the area via red and green line from Park Street Station and/or Boylston Station.

Who is in training group? Most novice marathoners running first marathon for charities looking for a friendly and supportive environment.

What is ability level? Average pace 9-10 min. miles. Range is 7 min. – 13 min. miles.

Course Support: There are water, Gatorade, and snack stops every 2-3 miles on the training runs.

Weather Conditions: in event of extreme heat, we may push long run start time earlier or cancel the group run. This decision will be made the Thursday or Friday before the Saturday long run. If a change is made, the furey262.com website will be updated and you will receive an email.

COVID Safety: We will follow all CDC/Commonwealth of Massachusetts guidelines for optimal runner safety.