

40 DAYS UNTIL RACE DAY CHECKLIST

- We have 40 days until race day! This is a good time to assess your training program to determine if there is anything you need to add, adjust, or change to make sure you are optimally prepared for 4/16/18.
- **LONG RUNS:** As critical as the long runs are, please make sure you are not running these too fast, or running them injured. You are better going into Boston as healthy as possible with fewer long runs, than having completed all of them and being injured.
- **HILLS:** There is still time to add hills into the routine if you haven't been doing them. You could get about 5 weeks of hill intervals before race, which would help quite a bit. Start next Tuesday or Wednesday on week 2 of hill schedule. (4 hill repeats, add 1 per week until 4/5).
- **WEEKLY TRAINING:** It can be easy to let weekday training slip away with the long runs and hills taking up big chunks of time. Make sure you are getting in a few days of cardio, whether it's running, and or cross training.
- **STRETCHING AND ROLLING:** Stretching and rolling make a huge difference in keeping your tissues loose. You will run faster, feel good, and reduce your risk of injuries. You will see and feel a significant difference even after a few sessions. Key areas: calves, quads, hamstrings, and hips. Ideally, roll pre-run, and stretch or stretch and roll post run.
- **STRENGTH TRAINING:** Strength training helps your running in three ways. 1. Reduces injuries 2. Improves efficiency 3. Makes you stronger on hills.

If you have not done any, a couple of exercises a few days per week will go along way. We are talking about 2-3x week 15 min. [Check out Body Weight Strength Training videos on Furey262.com site.](#)

- **INJURIES:** Do your best to get as close to 100 percent healthy as possible. Utilize all options; Physical Therapy, acupuncture, massage, ice, Ktape, strength exercises, cross train. Please see Joint Ventures for complimentary screening during the week or speak to PT's after the run on Saturday.
- **NUTRITION:** Focus on eating well overall. Staying properly hydrated, fine-tuning long run snacking plan. Try to achieve optimal weight. Each extra pound cost you 2-3 seconds per mile.
- **SLEEP:** Sleep is critical to help repair the body and keep immune function at optimal level. Do not skimp on this.
- **FOOTWEAR:** If you have logged 400-500 miles on shoes, get a new pair before race day.
- **MENTAL PREP:** Visualize the course, hills, finish. Fill your mind with positive thoughts.
- Please email me anytime with questions. jfurey611@gmail.com