

## 10 WEEKS TILL RACE CHECKLIST

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### Self – Assessment:

- Where is my training at?
- Am I where I want to be?
- How is body holding up?

### Injuries:

- Avoiding and Managing are key
- Follow safe training guidelines
- Set up free injury screening at Joint Ventures if needed

### Stretch and Roll:

- Daily if possible
- IT Band and calves most critical
- Roll before run, stretch and roll post-run

### Strength Train:

- Improves running and decreases injuries
- 2x per week minimum
- Key for Boston due to course difficulty

### Determine Ideal Long Run Schedule:

- What can body handle? May need more or less
- Mix in walking breaks if needed (i.e. 1 minute easy 1-2 miles)
- These are hard, but should not crush you.

### Mental Prep:

- Use positive thinking to power through bad sections of runs and bad days

- Tough runs build tremendous resilience.
- Mental toughness is critical factor
- Visualize crossing finish line

#### Hills:

- As important as the long run
- Critical training piece for Boston
- Plenty of time to add them in

Hill intervals are one of the best workouts in all of distance running (1-2 minutes perfect)

#### Cardio-Cross-Train:

- Increase fitness while giving body break from impact
- Great way to train while injured or to add more days without running
- Bike, rower, elliptical, stepper, pool, all work well
- Intervals better than long and slow

#### Eating:

- Get to ideal weight
- Eat well-balanced to fuel body and promote recovery
- Fine-tune eating and drinking plan for long runs

#### Recovery:

- Ice baths for 5-10 minutes help recovery tremendously
- Roll and gentle stretching or yoga help greatly