

GETTING STARTED CHECKLIST

1. Determine weekly plan that fits. Considerations; current mileage, what body can handle injuries, goals, time, and other fitness activities. 3-4 days of running seems ideal for most.
2. Injury prevention is single most important consideration for any level.
3. Injuries that maybe a concern should be evaluated by orthopedist or physical therapist before mileage increases.
4. Get a good pair of running sneakers and socks along with some winter running gear.
5. Foam roll and stretch regularly.
6. Strength train at least 2 times per week. Any method will work: body weight, free weight, yoga, pilates, boot camp, TRX, etc. This will improve running and reduce injury rate significantly.
7. Cardio cross-training (bike, elliptical, rower ect.) is an excellent way to boost fitness with minimal impact.
8. Listen to your body. Rest and recovery key. Watch for signs of overtraining.
9. Review nutrition. Eat clean and well balanced. Achieve and maintain ideal weight. Every extra pound costs 2.5-3.0 per mile in addition to joint load.
10. Long run is the single most important run component. This schedule may need to be tweaked to meet your individual needs/abilities.
11. Hill intervals are the second most important weekly workout. Running up and down hill is critical to success at Boston.

12. Hard work discipline, mental and physical toughness, and consistency are key. Please email me: jfurey611@gmail.com or text me: 617-759-0590, anytime with question, concerns, or help design your individualized plan.