FUREY 26.2

Boston 2026 Training Season - Important Dates

- **September 29th - November:** team selection
- **October 15th- early December:**
  - Please send team rosters to Coach Furey (jfurey611@gmail.com)
  - Sign all your runners up for the weekly email newsletter on the Furey262website. Having confirmation they signed up will prevent confusion if any runners say they did not get a newsletter email.
  - Please have runners that plan on attending ANY Saturday long runs or hill runs fill out a physical readiness questionnaire.
- **November 10th:** first weekly email newsletter sent out with 7 different 20 week training plans, getting started checklist, Saturday group run & Wednesday hill run schedule, details on training programs
- **December:** individual coach check-ins
- **December 5th - 7th:** discount shopping weekend at Heartbreak Hill Running Company
- **December 13th:** first Saturday group run
- **January (date TBD):**
  - Injury and strength workshop
- **January 17th:** first Riverside run
- **January 21st**: first hill run in Boston Common
- **Mid February (date TBD):** Nutrition Strategies for Marathoners workshop
- **March 21st:** longest long run
- **March (date TBD):** Heartbreak Hill Running Company discount shopping weekend
- **April:** final prep
- **April 11th:** final Saturday long run
- **April 20th:** 2026 Boston Marathon