FUREY 26.2

Furey 26.2 Marathon Training

Description of Coaching Services

- The Furey 26.2 marathon training program provides expertise training plans designed to help charity runners stay healthy and injury-free while training
- 18 Saturday group runs, beginning December 13th. The runs are on the Boston Marathon course and are fully equipped with Gatorade, water, and sports nutrition products needed during the long runs. The runs leave from Joint Ventures Physical Therapy at 660 Beacon St.
- Post run: There are physical therapists available to provide complimentary injury screenings to make sure runners stay healthy and injury-free throughout the training season.
- If a runner cannot make it to the Saturday runs, they can visit any Greater Boston Joint Ventures location for a free injury screening. This service is invaluable to marathoners.
- Runners have access to the Joint Ventures fitness area to stretch, roll, and cross-train (bikes, ellipticals, etc). Runners may also use showers and immaculate, spa-quality locker room.
- Unlimited email access to Coach Furey (jfurey611@gmail.com) with training, injury, or any other running-related concerns
- 26 weekly email newsletters beginning November 10th to keep runners informed and educated on marathon training-related topics
- Nutrition Q&A and educational and motivational webinars throughout the season
- 8 different 20-week training plans for you to choose, and if needed consult with coach Furey to modify to meet your personal needs and goals
- Discount shopping weekends at Heartbreak Hill Running Company and Marathon Sports
- Access to Furey 26.2 training manual with an incredible amount of valuable training, nutrition, and injury info.