



BOSTON MARATHON QUALIFIER PROGRAM – 2012

If you have questions regarding any of the training programs feel free to contact Bruce Deacon by email at CoachBruce@runvictoriamarathon.com.

Aerobic Conditioning

This period lasts for a total of 8 weeks. The objective of this portion of the training program is to develop a sound base of aerobic running.

Aerobic running means that you should exercise between 70 and 100% of your maximum aerobic effort. This is generally 30-40 seconds slower than your marathon pace. This, therefore, is not Long Slow Distance - it is more like Long STEADY Distance. This is running at a good effort and finishing each run feeling pleasantly tired. All running, except for the [tempo](#) runs and [fartlek](#) runs, is aerobic running.

Week 1

- **Sunday, June 3:** 1:30 steady at 30-45 seconds/km slower than marathon pace
- **Monday, June 4:** Rest day
- **Tuesday, June 5:** 50 minutes
- **Wednesday, June 6:** 20 minutes easy, 10 minutes at marathon goal pace, 20 minutes easy
- **Thursday, June 7:** 50 minutes
- **Friday, June 8:** Rest or up to 30 minutes
- **Saturday, June 9:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 2

- **Sunday, June 10:** 1:40 steady at 30-45 seconds/km slower than marathon pace
- **Monday, June 11:** Rest day
- **Tuesday, June 12:** 50 minutes
- **Wednesday, June 13:** 20 minutes easy warm up, 15 minutes of [fartlek](#) with 4 surges of 90 seconds to 2 minutes and recovery to fit within total time, 20 minutes easy cool down
- **Thursday, June 14:** 60 minutes
- **Friday, June 15:** 30 - 45 minutes
- **Saturday, June 16:** 60 minutes including 8 x 100m strides or 30 minutes easy if racing.

Week 3

- **Sunday, June 17:** 1:50 steady at 30-45 seconds/km slower than marathon pace
- **Monday, June 18:** Rest day
- **Tuesday, June 19:** 60 minutes or 40 minutes if you raced
- **Wednesday, June 20:** 20 minutes easy warm up, 20 minutes @ marathon goal pace.
- **Thursday, June 21:** 60 minutes
- **Friday, June 22:** 30 - 45 minutes
- **Saturday, June 23:** 60 minutes including 8 x 100m strides.



Week 4

Recovery Week

- **Sunday, June 24:** 1:30 steady at 30-45 seconds/km slower than marathon pace
- **Monday, June 25:** Rest day
- **Tuesday, June 26:** 60 minutes
- **Wednesday, June 27:** 30 including 10 x 100m [relaxed strides](#)
- **Thursday, June 28:** 60 minutes
- **Friday, June 29:** Rest day
- **Saturday, June 30:** 45 minutes

This is the first of a number of recovery weeks during this training program. The recovery weeks are inserted into the program to allow you an easier week to recover from the previous two intense weeks and to give some rest in preparation for the more intense training that will come in the weeks that follow. Treat recovery weeks as a reward for the hard work you have put in to date. Try to get some more sleep than normal. Pamper yourself with a hot tub, massage, or Epsom salt soak.

Week 5

- **Sunday, July 1:** 2:00 steady at 30-45 seconds/km slower than marathon pace
- **Monday, July 2:** Rest day
- **Tuesday, July 3:** 75 minutes
- **Wednesday, July 4:** 20 minutes easy warm up; 20 minutes [fartlek](#) with 5 surges of 2-3 minutes in duration; 20 minutes easy cool down
- **Thursday, July 5:** 60 minutes
- **Friday, July 6:** 30 - 45minutes
- **Saturday, July 7:** 60 minutes including 10 x 100m [relaxed strides](#)

Week 6

- **Sunday, July 8:** 2:20 steady at 30-45 seconds/km slower than marathon pace
- **Monday, July 9:** Rest day
- **Tuesday, July 10:** 60 minutes
- **Wednesday, July 11:** 20 minutes of easy warm up; 20 minute [out-and-back tempo](#) running first 10 minutes at marathon effort, and the last 10 minutes slightly slower than 10k effort; 15 minutes easy cool down
- **Thursday, July 12:** 70 minutes
- **Friday, July 13:** 45 minutes
- **Saturday, July 14:** 60 minutes including 10 x 100m [relaxed strides](#)

Week 7

Recovery Week

- **Sunday, July 15:** 1:30 steady at 30-45 seconds/km slower than marathon pace
- **Monday, July 16:** Rest day
- **Tuesday, July 17:** 40 minutes
- **Wednesday, July 18:** 50 minutes including 12 x 100m [relaxed strides](#)
- **Thursday, July 19:** 45 minutes
- **Friday, July 20:** Rest day
- **Saturday, July 21:** 30 minutes



Week 8

- **Sunday, July 22:** 2:40 steady at 30-45 seconds/km slower than marathon pace
- **Monday, July 23:** Day off
- **Tuesday, July 24:** 75 minutes easy
- **Wednesday, July 25:** 30 minutes easy if raced, or 10 minutes warm up, 30 minutes at marathon goal pace, 20 minutes easy warm down
- **Thursday, July 26:** 75 minutes
- **Friday, July 27:** 30-45 minutes
- **Saturday, July 28:** 60 minutes including 10 x 100m [relaxed strides](#)

Week 9

Aerobic Capacity Phase Begins

The term aerobic literally means “with oxygen”. When we speak of aerobic running, we mean running at a moderate intensity that allows your body to use oxygen to burn both glycogen and fats for fuel. Simply put, if you want to burn fats, you need to run aerobically. As marathoners, we will need to access this important fuel source, because even the leanest of us have more than enough fat to finish multiple marathons.

The opposite of aerobic running is anaerobic running. This is when the intensity of your exercise exceeds your oxygen capacity and your body burns glycogen in the absence of oxygen. A 400 meter sprinter would rely on anaerobic fuel sources in their races, but a marathoner would run entirely aerobically. The faster the pace you can run aerobically without relying on anaerobic energy systems, the better the distance runner you will be.

The Aerobic Capacity Phase is designed to help increase the pace at which you can run aerobically. It is done in two ways:

- 1) We increase the duration of our long runs to help us become more efficient at burning fats; and,
- 2) We focus on running at the high ends of our aerobic zone.

- **Sunday, July 29:** 3:00 steady at 30-45 seconds/km slower than marathon pace
- **Monday, July 30:** Day off
- **Tuesday, July 31:** 60 minutes
- **Wednesday, August 1:** 20 minutes easy warm up; 6 X 4 minutes at 8 km pace with 2 minutes rest; 20 minutes easy cool down
- **Thursday, August 2:** 75 minutes
- **Friday, August 3:** 30 minutes easy
- **Saturday, August 4:** 60 minutes including 12 x 100m [relaxed strides](#)

Week 10

- **Sunday, August 5:** 3:20 steady at 30-45 seconds/km slower than marathon pace
Remember to hydrate along the way and to consume 300 calories of carbohydrates and proteins within 15 minutes of finishing your run and a full meal within 2 hours.
- **Monday, August 6:** Day off
- **Tuesday, August 7:** 50 minutes



- **Wednesday, August 8:** 15 minutes easy warm up; 4 minutes at 10k pace, 5 minutes jog rest, 6 minutes at 10k pace, 3 minutes jog rest, 8 minutes at 10k pace, 4 minutes jog rest, 4X 1 minute at 5 k pace with 1 minute between each; 10 minute easy cool down
- **Thursday, August 9:** 90 minutes
- **Friday, August 10:** 30 minutes
- **Saturday, August 11:** 60 minutes including 12 x 100m [relaxed strides](#)

Week 11

Recovery Week

- **Sunday, August 12:** 1:15 steady at 30-45 seconds/km slower than marathon pace
- **Monday, August 13:** Rest day
- **Tuesday, August 14:** 45 minutes
- **Wednesday, August 15:** 20 minutes easy warm up; 20 minute [out-and-back tempo](#) run at 10 km effort; 20 minute easy cool down
- **Thursday, August 16:** 45 minutes
- **Friday, August 17:** 30 minutes or day off
- **Saturday, August 18:** 50 minutes including 8 x 100m [relaxed strides](#)

Week 12

Note: This is a particularly hard week. Make sure to take care of yourself by getting extra sleep, eating well, and staying well hydrated. If it is hot, run in the early morning or evening.

- **Sunday, August 19:** 21 mile/34 km steady at 30-45 seconds/km slower than marathon pace
- **Monday, August 20:** Day off
- **Tuesday, August 21:** 60 minutes
- **Wednesday, August 22:** 20 minutes easy warm up; 3 sets of 4 minutes at 10 km pace, 30 seconds rest, 2 minutes at 5 km pace with 3 minutes jog between sets, 20 minutes easy cool down
- **Thursday, August 23:** 90 minutes
- **Friday, August 24:** 30 minutes easy
- **Saturday, August 25:** 45 minutes including 8 x 100m [relaxed strides](#)

Week 13

Marathon Specific Training

The next phase is what I refer to as marathon specific training. The object is to get used to running at your marathon goal pace. Remembering that this is a pace that you intend to hold for over two and a half hours, it tempo runs at marathon pace should feel comfortably quick. If you are struggling to keep your marathon pace it means one of 4 things:

- 1) You are still tired from your recent workouts. Take two days off of running. It is important at this stage to run quality and to learn how to relax while running fast. If you are too tired to do that, then you MUST respect your body's need for more rest. Many good marathons are lost by pushing too hard at this phase.
- 2) You are coming down with a virus. Inability to hold a pace you should be able to run can mean that you are on the verge of getting sick. Don't be a hero!



- 3) You might not be fit enough to run your goal pace. Perhaps your goal is too ambitious. Maybe you have lost some time due to sickness or injury. Reconsider your race goals and adjust your time accordingly.
- 4) You might just have a bad day. You can write off a bad workout, but if this happens more than once, examine the other 3 possibilities.

It is **CRITICAL** to pace yourself well. We will be starting to add marathon pace sections to your long runs. It is so easy to get carried away and to turn your long runs into races by not returning back to the easy pace after the marathon pace section. Many a good marathon is lost like this!! Respect the paces. The entire object is to learn to run relax and not straining at your marathon pace.

- **Sunday, August 26:** Marathon tempo, 20 minutes easy warm up, 60 minutes at marathon goal pace, 20 minutes easy
- **Monday, August 27:** Day off
- **Tuesday, August 28:** 60 minutes easy
- **Wednesday, August 29:** 20 minutes, 15 minutes at marathon pace, 3 minute jog recovery, 10 minutes continuous of 200m uphill at 10k effort, 200m downhill at marathon effort, 20 minutes easy cool down
- **Thursday, August 30:** 60 minutes
- **Friday, August 31:** 30 minutes easy
- **Saturday, September 1:** 45 minutes including 8 x 100m [relaxed strides](#)

Week 14

Recovery Week

- **Sunday, September 2:** 10 minutes easy, 25 km at marathon pace [on rolling pavement](#), 5-10 minutes easy
- **Monday, September 3:** Day off
- **Tuesday, September 4:** 30 minutes easy
- **Wednesday, September 5:** 20 minutes easy warm up, 5X 4 minutes at 10 km effort on rolling terrain with 2 minutes rest, 15 minutes easy cool down
- **Thursday, September 6:** 50 minutes
- **Friday, September 7:** 30 - 45 minutes
- **Saturday, September 8:** Rest day

Week 15

- **Sunday, September 9:** 2:45-3:00 steady at 30-45 seconds/km slower than marathon pace
- **Monday, September 10:** Day off
- **Tuesday, September 11:** 40 minutes
- **Wednesday, September 12:** 20 minutes easy warm up; 10 minutes at 10 km effort, 5 minutes jog, 5 minutes at 10k effort, 5 minutes jog, 10 minutes at 10k effort, 10 minutes easy cool down
- **Thursday, September 13:** 60 minutes
- **Friday, September 14:** 30 minutes easy
- **Saturday, September 15:** 30 minutes easy



Week 16

Sharpening and Tapering

As we enter the last phase of the training, we are going to be cutting back on our mileage and emphasizing rest and speed. Of course as marathoners, speed is a relative term. The idea isn't to become a sprinter, but rather to refresh our nervous system to faster paces after the marathon specific training. This will help us be more efficient at race pace. The primary goal is to rest enough to arrive feeling healthy and fresh on race day.

- **Sunday, September 16:** 2:30-2:45 steady at 30-45 seconds/km slower than marathon pace
- **Monday, September 17:** Rest day
- **Tuesday, September 18:** 60 minutes
- **Wednesday, September 19:** 20 minutes easy warm up, 12 X 1 minute at 5k pace/1 minute easy jogging, 20 minutes easy cool down
- **Thursday, September 20:** 75 minutes
- **Friday, September 21:** 30 minutes
- **Saturday, September 22:** 60 minutes including 12 x 100m [relaxed strides](#)

Week 17

The Taper Begins

- **Sunday, September 23:** 1:30 steady at 30-45 seconds/km slower than marathon pace
- **Monday, September 24:** Rest day
- **Tuesday, September 25:** 45 minutes
- **Wednesday, September 26:** 20 minutes easy warm up, 8X 2 minutes at 5 km pace with 1 minute jogging between each, 10 minutes easy cool down
- **Thursday, September 27:** 45 minutes
- **Friday, September 28:** Rest
- **Saturday, September 29:** 40 minutes including 12 x 100m [relaxed strides](#)

Week 18

Pre-Race Week

The main objective during this week is to combine gentle running with lots of relaxation. Many of you will have an idea of what will work for you in the final days prior to the race. However, we are all governed by the same physiological constraints...nothing but rest will help you at this stage. Last minute workouts, or an extra hour run, will not help. The only thing that will help you run faster now is arriving at the start line all rested up and ready to go.

Knock 'em dead - you've done the work! Your medal is waiting for you!

- **Sunday, September 30:** 60 minutes easy including 6X100m [relaxed strides](#)
- **Monday, October 1:** Day Off
- **Tuesday, October 2:** 35 minutes easy
- **Wednesday, October 3:** 10 minutes easy warm up, 10 minutes at marathon pace and then right into 2 minutes at 5k pace, 10 minutes easy warm down
- **Thursday, October 4:** 20 minutes easy
- **Friday, October 5:** Day Off
- **Saturday, October 6:** 15 minutes easy jog with 3X100m [relaxed strides](#)
- **Sunday, October 7:** **RACE DAY!!**