

2025 Boston FULL Marathon

November 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--------------------------------|-----------|-----------------------------------|-------------------------------|---|
| | | | | | 1 | 2 |
| 3 10K LONG RUN | 4 | 5 EASY 7K EASY RUN | 6 | 7 JUST RUN 8K RUN | 8 EASY 9K EASY RUN | 9 |
| 10 12K LONG RUN | 11 | 12 EASY 7K EASY RUN | 13 | 14 JUST RUN 8K RUN | 15 | 16 EASY 7K EASY RUN |
| 17 12K LONG RUN | 18 | 19 EASY 10K EASY RUN | 20 | 21 STEADY 8K STEADY RUN | 22 | 23 EASY 7K EASY RUN |
| 24 14K LONG RUN | 25 | 26 EASY 10K EASY RUN | 27 | 28 STEADY 8K STEADY RUN | 29 EASY 9K EASY RUN | 30  |
| | | | | | | |

2025 Boston FULL Marathon


December 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|-------------------------------|--|--|------------------------------------|
| 1 16K LONG RUN | 2 | 3 EASY 10K EASY RUN | 4 | 5 JUST RUN 10K RUN | 6 BUILDUP 2x4K Progress from EZ - Fluid | 7 |
| 8 16K LONG RUN | 9 | 10 BUILD 3x3K EZ, Med, Strong | 11 | 12 YES! 8K HOLIDAY RUN BURLINGTON | 13 | 14 EASY 6K EASY RUN |
| 15 18K LONG RUN | 16 | 17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ | 18 EASY 6K EASY RUN | 19 LET'S GO! 2x4K Progress from EZ - Fluid | 20 | 21 BQ/PB 6K TEMPO RUN |
| 22 20K LONG RUN | 23 | 24 RUN! Pre-Turkey Run! 8-10K | 25 | 26 JUST RUN 10K RUN | 27 BQ/PB 8K STEADY RUN | 28 EASY 6K EASY RUN |
| 29 16K SPECIAL | 30 | 31 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ | | | | |
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2025 Boston FULL Marathon

January 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|--|---|---------------------------------|---|
| | | | 1 | 2 BUILDUP 3x3K Progress from EZ - Strong | 3 EASY 6K Easy Run | 4 |
| 5 22K LONG RUN | 6 | 7 1 HOUR! As far as you can run in 60 minutes | 8 BQ/PB 9K Easy Run | 9 The REID 50 Minutes of Rolling Hills | 10 | 11 TEMPO 6K Tempo Run |
| 12 16K LONG RUN | 13 | 14 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 15 | 16 STEADY 8K Steady Run | 17 | 18 EASY 5K Easy Run |
| 19 24K LONG RUN | 20 | 21 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ | 22 EASY 6-7K Easy Run | 23 HILLS 7 Long Hill Repeats | 24 | 25 BQ/PB 8K Tempo Run |
| 26 16K SPECIAL | 27 | 28 8x90/90 90 sec @ 10K RP 90 sec Easy Jog | 29 BQ/PB 1 Hour Run Steady Pace | 3 PYLONS 2-3K Plus 3 Sets | 31 EASY 6-7K Easy Run |  |
| | | | | | | |


2025 Boston FULL Marathon

February 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|--|---|-------------------------------|---|
| | | | | | | 1 |
| 2 26K LONG RUN | 3 | 4 1 HOUR! As far as you can run in 60 minutes | 5 BQ/PB 12K Build by 4K EZ, Med, Med+ | 6 HILLS 8 Long Hill Repeats | 7 | 8 TEMPO 8K Tempo Run |
| 9 28K LONG RUN | 10 | 11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 12 | 13 PYLONS 2-3K Plus 3.5 Sets | 14 EASY 8K Easy Run | 15 |
| 16 30K LONG RUN | 17 | 18 Slow&Long 11-12K Recovery Run | 19 | 20 BUILD 9K Build by 3K | 21 EASY 7K Easy Run | 22 BQ/PB 10K Tempo Run |
| 23 16K SPECIAL | 24 | 25 10x90/90 90 sec @ 10K RP 90 sec Easy Jog | 26 BQ/PB 1 Hour Run Steady Pace | 27 HILLS 9 Long Hill Repeats | 28 |  |
| | | | | | | |

2025 Boston FULL Marathon

March 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|---|--|-------------------------------|---|
| | | | | | | 1 TEMPO 8K Tempo Run |
| 2 32K LONG RUN | 3 | 4 1 HOUR! As far as you can run in 60 minutes | 5 BQ/PB 12K Build by 4K EZ, Med, Med+ | 6 PYLONS 2-3K Plus 4 Sets | 7 EASY 10K Easy Run | 8 |
| 9 24K LONG RUN | 10 | 11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 12 BQ/PB 8K Tempo Run | 13 The REID 60 Minutes of Rolling Hills | 14 | 15 EASY 8K Easy Run |
| 16 33K LONG RUN | 17 | 18 SPEEDUP 2x5K Progress from EZ to FAST | 19 | 20 TRACK 4x4x400m 3 min b/w sets | 21 | 22 TEMPO 10K Tempo Run |
| 23 16K SPECIAL | 24 | 25 12x90/90 90 sec @ 10K RP 90 sec Easy Jog | 26 BQ/PB 1 Hour Run Steady Pace | 27 TRACK 4x400m, 2x800m, 1600m, 4x400m | 28 EASY 7K Easy Run | 29 TEST Test Marathon Meal & Gear |
| 30 36K LONG RUN | 31 | | | | |  |

2025 Boston FULL Marathon

April 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------------------|--|---|--|--------|---|
| | | 1 FLUSH 8-10K Flush out the legs run | 2 BQ/PB 2x3200m Track In & Outs | 3 TRACK 4x400m 4x1600m | 4 | 5 EASY 9K Easy Run |
| 6 20K LONG RUN | 7 | 8 Race Pace 8x1K @ Target Race Pace | 9 | 10 SPEEDUP 1x8K Progress from EZ to FAST | 11 | 12 EASY 8K Easy Run |
| 13 12K LONG RUN | 14 | 15 GIDDYUP 6K Run with 5 Accelerations | 16 | 17 EASY 7K Easy Run | 18 | 19 EASY 5K Easy Run |
| 20 JOG+ 5K Easy Run + 3 Accelerations | 21 Race Day! | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |
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