

Second Sole
Boston/Toledo Training
April

Week 14

4-5: 1.5 mi warmup, 2 x 1.5 miles @ goal half marathon pace w/ 2:00 jog between

4-7: 1.5 mi warmup, 2 x 2 miles @ goal half marathon pace, 1.5 mile cooldown

4-9: **Boston:** 13 with 3 miles at goal pace **Toledo:** 15-16 miles easy

Week 15

4-12: 1.5 mi warmup, 3 x 1 mile @ goal marathon pace, 1.5 mi cooldown

4-14: 45 minute easy

4-16: **Boston:** Race Weekend! **Toledo:** 13 miles w/ 3 at goal pace

Week 16

4-19: 1.5 mi warmup, 3 miles at goal race pace on hilly route, preferably south on towpath starting at Sokolowski's, 1.5 mile cooldown

4-21: 45 minutes easy

4-23: Toledo Race Weekend!

Week 17

4-26:

4-28:

4-30: