

MONTHLY PLANNING

Summary

	JAN	FEB	MARCH	APRIL	MAY	JUNE
Milestones						
Action Items	•	•	•	•	•	•
Potential Blockers	•	•	•	•	•	•

THE ACTION BIAS

MONTHLY PLANNING

(Nick's 2019 Marathon Training)

WHO, WHAT AND WHEN

Summary

Qualify for the 2020 Boston Marathon by running a sub-3-hour marathon (target time is 2 hours and 55 minutes).

First attempt will be at the end of July with the SF Marathon.

Second attempt will be at the beginning of December with the California International Marathon.

**SHORT AND SUCCINCT.
CLEARLY STATES WHAT YOU WANT TO ACCOMPLISH**

	JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	
Milestones		Richmond Half VO2 Max 1st Test	DISCRETE EVENTS Oakland Full		2nd Test	VO2 Max 3rd Test	SF Marathon 1st Boston Qualifier	
Action Items	<ul style="list-style-type: none"> Average 35-50 miles per week. Low heart rate training (aerobic base training). 	<ul style="list-style-type: none"> Average 40-50 miles per week. Primarily low heart rate training and start to introduce speed workouts. 	<ul style="list-style-type: none"> Average 40-60 miles per week. Start to introduce speed workouts. Tucson Half will be 	<ul style="list-style-type: none"> Average 35-55 miles per week. Second VO2 Max Test to see if more intervals/tempo 	<ul style="list-style-type: none"> Average 45-70 miles per week. Be sure to follow SF Marathon training plan. 	<ul style="list-style-type: none"> Average 50-80 miles per week. Be sure to follow SF Marathon training plan. Third VO2 Max Test to see if more intervals/tempo runs have helped. Mental & strength training. 	<ul style="list-style-type: none"> Average 60-80 miles per week. Finish strong with marathon training. Focus on nutrition, sleep, stretching, and tapering. Focus on mental training. 	
Potential Blockers	<ul style="list-style-type: none"> Work (travel to NYC). Despite the cold weather I need to maintain my training runs. 	<ul style="list-style-type: none"> Work (travel to NYC). Despite the cold weather I need to maintain my training runs. 	<ul style="list-style-type: none"> The Tucson Half is the weekend Oakland Full. Be careful not to overtrain. 	<ul style="list-style-type: none"> 2 week trip to Asia. I need to will have access to a treadmill and will plan workouts accordingly. 	<ul style="list-style-type: none"> Watch out for travel and training fatigue. 	<ul style="list-style-type: none"> Watch out for work travel and training fatigue. 	<ul style="list-style-type: none"> Watch out for work travel and training fatigue. 	
			WHAT YOU WILL DO EACH MONTH					
			CHALLENGES YOU ANTICIPATE					