



THE RUN FORMULA

Boston Marathon Training Camp Agenda

Friday (March 20th) -

- 4:30-5:00 pm – Athlete check in at NormaTec Headquarters
- 5:00-6:00 pm – Athlete/coach meeting – welcome athletes/camp logistics
- 6:00-8:00 pm – Provided dinner – get to know one another
 - Talk on training/race fueling

Saturday (March 21st) -

- 7:30-8:00 am – Athletes meet at NormaTec Headquarters
- 8:00-8:30 am – Athlete run video capture
- 8:30-9:30 am – Shuttle to Boston Marathon start in Hopkinton
- 9:30 am-12:00 pm – Supported run from start of course to Wellesley (~15 mi)
- 12:00-12:30 pm – Shuttle to NormaTec Headquarters
- 12:30-1:00 pm – Foam rolling/stretching/recovery at NormaTec Headquarters
- 1:00-2:00 pm – Provided lunch
 - Race Pacing Talk, Mental Fitness Talk
- 2:00-3:00 pm – Strength training/pre-hab/run drill sessions
- 3:00-4:30 pm – 1-1 coach/athlete meetings;
 - NormaTec sessions
- 6:00 pm – Provided dinner out w/group at restaurant

Sunday (March 22nd) -

- 8:30-9:00 am – Athletes meet at NormaTec Headquarters
- 9:00-9:30 am – Shuttle to Wellesley (start of run day #2)
- 9:30 am-12:00 pm – Run from Wellesley to Boston Marathon finish (~11 mi)
- 12:00-12:30 pm – Shuttle from marathon finish to NormaTec Headquarters
- 12:30-1:00 pm – Foam rolling/stretching/recovery at NormaTec Headquarters
- 1:00 pm – Provided lunch
- 1:30-3:30 – 1-1 coach/athlete meetings;
 - 1-1 gait analysis meetings
 - Continued NormaTec sessions
- 3:30-4:00 pm – Camp Wrap-up