



When to Start

Ideally you want to begin this strength plan 14 or 20 weeks before the race. This allows for either 2 or 3 progressions through the 6 weeks of workouts with a 2 week taper period. If you need to start in between, that's okay, just end this strength routine two weeks before the race to give your body a chance to rest.



Will I Need Any Equipment?

These routines were designed to be done in your home, so you do not need a gym. However, a set of therabands would help add resistance to any movement you feel is too easy and a swiss ball and kettlebell are also optional for some of the exercises.

You can purchase any set you prefer, but here are links to the specific sets we recommend: [Theraband Set](#), a [swiss ball](#) (medium is fine) and an adjustable kettlebell (you can also use an old milk jug filled with water if you don't want to purchase anything).



How Often and When

You should perform one of these routines one day per week, ideally on the day you do one of your speed or tempo workouts. As an example, if you normally do your speed or tempo workouts on Tuesday, then you'd perform one of these strength sessions on this day.

I highly recommend performing at least two or three other non-Boston specific strength workouts during the week. This could be injury prevention, core, hip or general strength work. If you need more help with this, check out our more integrated Boston Strength workout options below.



Progression

Start each routine performing however many reps or seconds of each exercise as you can. If you're not able to do all the recommended reps or holds to start, do what you can and then try to do a little more the next progression through the routine.

If you can do the recommended reps or holds each week, try to add reps or some type of resistance the next week through the routines. This will ensure constant progress through the 14 or 20 week cycle.



Example Schedule

Here's an example weekly schedule you might implement in your training.

Monday: Optional Injury Prevention work

Tuesday: Boston Specific Workout

Wednesday: Rest from strength

Thursday: General strength

Friday: Core or Hip Strength

Saturday: Rest from strength

Sunday: Mobility work

