

# BOSTON QUALIFIER TRAINING

16-Week Performance Phase

Target BQ: \_\_\_\_\_  
Goal Pace: \_\_\_\_\_

WEEK	DAY	TRAINING SESSION DETAILS	DONE
12	Tuesday	Intervals: 6 x 800m @ 5k Pace (90s recovery)	
	Thursday	Tempo: 8 Miles @ Goal Marathon Pace	
	Sunday	Long Run: 18 Miles Progressive (Last 5 @ BQ Pace)	
13	Tuesday	Hill Repeats: 10 x 60s Steep Grade	
	Thursday	Threshold: 2 x 4 Miles @ 10k Pace + 15s	
	Sunday	Long Run: 20 Miles Recovery Effort	
<b>Phase Summary</b>		<b>Peak Volume: 55-70 Miles / Week</b>	

Notes: Focus on Newton Hill simulation. Ensure adequate hydration and recovery between quality sessions.