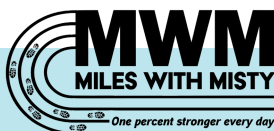


# THE BOSTON BLUEPRINT

A 12-Week Marathon Framework to Qualify  
Smarter, Not Harder

By Misty, *Miles With Misty*



## Welcome, Runner!

If you're reading this, chances are you're already a solid runner. You've trained consistently, maybe run a few races, and now you've got your sights set on the big one: qualifying for Boston.

But getting a Boston Qualifier (BQ) isn't about running harder—it's about running smarter. That's what this guide is for: a structured, progressive 12-week blueprint that builds speed, strength, and endurance while reducing your injury risk. Let's go.

## **PREREQUISITES**

### **ARE YOU BQ-READY?**

Before jumping into this plan, make sure you've got:

**Base Mileage:** Consistently running 30–45 miles per week for the last 4–6 weeks.

**Health Check:** No recent injuries that could flare up.

**Training Familiarity:** You're comfortable running 4–6 days/week and doing workouts like tempos or intervals.

# THE WEEKLY BLUEPRINT

Here's the core structure we'll build on throughout the plan:

## **Monday**

Recovery Run or Full Rest

Zone 1-2 pace (easy effort), 3–6 miles

## **Tuesday**

Intervals / Speed

VO2max or lactate work (e.g., 5x800m, mile repeats)

## **Wednesday**

Medium Long Run

7–11 miles, steady aerobic

## **Thursday**

Strength + Recovery Run

Dumbbell circuit + 3 miles easy

## **Friday**

Rest or Cross-Train

Optional: cycling, yoga, walking

## **Saturday**

Tempo or Marathon Pace Run

4–10 miles at tempo / goal pace

## **Sunday**

Long Run

12–22 miles; endurance + fueling practice

## PERIODIZATION

### HOW THE 12 WEEKS PROGRESS


Your training will follow a classic 3:1 mesocycle structure: 3 weeks of building, 1 week of recovery.

 Weeks 1–3: Aerobic Foundation + Mechanics

Long runs build from 12 → 16 miles

Intervals focus on form: 6x400m, strides, hill repeats

Strength training begins 2x/week

 Week 4: Deload + Threshold Re-test

40–50% volume reduction

Optional 30-minute TT to re-test lactate threshold

Focus on sleep, recovery, and mobility

 Weeks 5–7: Threshold & Endurance

Saturday tempos extend to 8–10 miles

Long runs build to 18–20 miles

Include marathon-pace surges during long runs

 Week 8: Tune-Up Race

Run a 10K or Half Marathon at race effort


Use results to adjust race pace expectations

 Weeks 9–10: Marathon Simulation

Week 9: 18 miles with last 8 @ race pace

Taper begins after Week 10

Reduce strength to maintenance mode

 Weeks 11–12: Taper & Sharpen

Gradual volume reduction (50% → 30%)

Keep intensity: strides, 200m repeats, MP bursts

Practice race fueling & gear

## **5 COACHING NOTES MOST RUNNERS MISS**

**Train Your Gut** – Fuel long runs with the exact gels/fluids you'll race with.

**Strength Matters** – Runners over 30 benefit massively from twice-weekly resistance training.

**Don't Over-Race** – Tune-up races should inform your fitness, not exhaust you.

**Sleep Like a Pro** – Aim for 8+ hours, especially after long runs or speed days.

**Marathon Pace = Muscle Memory** – Get reps at MP during long runs to make race day feel familiar.

# SAMPLE WORKOUT SNAPSHOTS

Tuesday Speed (Week 6):

2-mile warmup

4x1 mile @ 5K pace, 90 sec jog recovery

2-mile cooldown

Saturday Tempo (Week 7):

2-mile warmup

8 miles @ tempo pace (roughly 85–90% max HR)

2-mile cooldown

Sunday Long Run (Week 9):

20 miles total


Last 8 miles at marathon pace

Practice hydration every 3 miles

 Want This Personalized?


This guide is just a framework. A true Boston plan is built around your body, schedule, history, and goals.

You don't need to figure it out alone.

 Let's map it out together:


 Book a free call with me.

 Email me directly at: [misty@mileswithmisty.com](mailto:misty@mileswithmisty.com)

 Follow me on Instagram: [@mileswithmisty](https://www.instagram.com/mileswithmisty) and on Facebook at Miles with Misty

 Your Next Step

Put this plan on your wall. Start where you are. Stick with it.

 You don't need to be elite—you just need a smart plan and consistent action.

You've got this.

**Let's get you to Boston.**

— Misty