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# MARATHON BQ



## HOW TO QUALIFY FOR THE BOSTON MARATHON IN 14 WEEKS

*By Christopher J. Russell*

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This book is the result of 20 years of running, racing, and qualifying for the Boston Marathon as an average amateur athlete. In MarathonBQ, I share the accumulated knowledge of training and qualifying for Boston along with a simple training plan to get you there.

We love our sport. We want to qualify and compete at Boston, but we have full-time jobs, families, and limited time to train. How do we boil down the qualification campaign to its basic elements? How do we create a plan specifically for qualifying by doing the work required in the amount of time available?

You'll gain insight into the plan and methodology I used to take 45+ minutes off my marathon PR. I cut out all the fluff and confusion and present you with a simple, realistic, and straightforward methodology to get your time.

If that sounds like something you'd be interested in, listen on....

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- Published on: 2016-02-05
- Format: Unabridged
- Original language: English
- Running time: 235 minutes

Most helpful customer reviews

5 of 5 people found the following review helpful.

The Definitive Guide for Earning Your Blue & Gold Ticket to Boston

By Eric Strand

I've run Boston 7 times in 7 years and wish this book had come out 8 years ago. It's not for everyone; no book is going to take you from couch to Boston. But if you've got a decent base of miles and the determination to run the greatest race in the world, I'd recommend letting this book be your BQ Sherpa. The author, Chris Russell, has run Boston 15 or so times . . . he has run it well and he has blown up. That experience, his love for the marathon, his respect for this sacred stretch of pavement and his ability to tell a good tale make this an entertaining and useful read. I've got 50+ running-related books on my shelf and none provide the specific substance and insider tips necessary to bring your physical and mental game to BQ level like this one.

3 of 3 people found the following review helpful.

A good plan to help you qualify for Boston

By P. Dudchenko

The first time I tried to qualify for Boston, I failed. The second time, I did better, and just made a qualifying

time.

The race itself was a struggle. As I neared mile 25, my paced dropped to a dead-man's shuffle. I pushed on to Kenmore Square, and to the finish, and then had a much need lie down under a tree in the Boston Gardens. Still, I was there. The atmosphere at Boston is like no other - it is a classic race in every sense.

But how do you get to Boston? Like me, you can try to guess what type of training you need to do run a qualifying time. Or you can pick Chris Russell's new book *Marathon BQ: How to qualify for the Boston Marathon in 14 weeks*.

Chris Russell is the host of the superb *Run Run Live* podcast. He's an experienced marathoner, who has qualified for Boston several times. More importantly, he is an excellent story teller, and his book provides a focused approach to running a qualifying time for Boston. It also provides a healthy dose of motivation.

What is the Russell's plan? Put simply, it's about speed. To qualify, you must run fast, and to do so, you must train at speed. The book lays out how this fits in with a balanced plan that fits in both speed and the necessary long runs. Russell also talks about preparation, injury, the importance of core strength, and the necessity of going to the "dark place".

This book offers a useful perspective on improving your long distance running even if you aren't a marathoner. Even though I am not training for a marathon at the moment, I have taken on some of Russell's workouts. I want to increase my speed for the half distance, and now I know what to do.

Overall, this is an excellent read, and if you are think about Boston, this book will help you get there.

3 of 3 people found the following review helpful.

Even runners with no personal aspirations to qualify for Boston ...

By Norene Prosocki

Even runners with no personal aspirations to qualify for Boston will find this book to be incredibly inspiring, with information that would benefit anyone who is contemplating running a marathon.

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