

Moses Mosop—Debut marathon (Boston)

Percentages assume a predicted marathon of 2:05:51
(extrapolating from Mosop's 10k PR of 26:49)

4:48 per mile = 100%

See note in accompanying article on percentages

Training done in Iten, Kenya

“Easy” = 49-68%

“Moderate” = 68-78%

“Moderate” = 68-78%

January 2011

Training of Moses Mosop (coached by Renato Canova) before 2011 Boston Marathon

Compiled by John Davis

Runningwritings.blogspot.com

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|--|---|--|--|----------------------|
| | | | | | 1 60min easy | 2 92min moderate |
| 3 4x5k at 86.5%, 1km rec at 66% + 9.3mi at 89% 40min easy | 4 80min easy 40min easy | 5 60min easy 50min easy | 6 2*10x400m Avg 115% 60sec rec/4min btwn sets 40min easy | 7 60min moderate 60min moderate | 8 12.4mi at 94.5% 40min easy | 9 90min mod |
| 10 80min easy 60min easy | 11 12.4mi at 76%+ 11.2mi at 88.5% | 12 70min moderate 50min moderate | 13 70min with short fartlek 52min moderate | 14 60min easy 45min easy | 15 50min easy 5x3km at 103→ 106% 3min rec | 16 80min moderate |
| 17 67min moderate 55min easy | 18 78min with last 20min fast (99.5%) 70min easy | 19 40min easy 8x1000m at 109%, 2min rec + 10x600m at 111.5% / 90sec rec | 20 78min moderate 65min easy | 21 50min easy 50min easy | 22 28mi at 88.5 | 23 60min easy |
| 24 75min moderate 60min easy 31 80min easy 50min easy | 25 80min moderate 50min easy | 26 9mi at 89.5% 50min easy | 27 60min moderate 45min easy | 28 SPECIAL BLOCK AM: 1-2-3-4-3km in: 108, 102.5, 101, 101.5, 100.5% (3min rec) PM: 4x2km at 90.5 + 2x1km 92.5, 78.5% (3min rec) + 6.2mi moderate | 29 80min easy | 30 70min easy |

Moses Mosop—Debut marathon (Boston)

February 2011

Training of Moses Mosop (coached by Renato Canova) before 2011 Boston Marathon

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| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|--|---------------------------------------|------------------------------------|--|---------------------|
| | 1 AM: 6.2mi at 87% + 7.5mi at 97% PM: 10k at 95% (first half uphill, second half downhill) | 2 4x4km at 90% Rec 1km at 61-38% (easy) 40min easy | 3 60min easy 50min easy | 4 80min easy 50min easy | 5 18x2min fast (99.5%)/1min easy 40min easy | 6 80min moderate |
| 7 Rest (travel) | 8 70min easy 60min easy | 9 80min easy 45min easy | 10 70min easy 50min easy | 11 80min easy 50min easy | 12 18.6mi at 95% (very hot temperature) | 13 80min easy |
| 14 90min moderate 40min easy | 15 70min easy 50min easy | 16 14x3min fast/1min easy + 4min fast (fast = 99.5%) | 17 24.9mi at 76% 40min easy | 18 60min easy 50min easy | 19 20x1 min fast/1min moderate 40min easy | 20 80min easy |
| 21 80min easy 50min easy | 22 85min moderate 40min easy | 23 4x5km 100-96% 1x3k at 98% 1k rec at 72-66% (windy, hilly) 50min easy | 24 80min easy 50min easy | 25 80min easy | 26 10x1200m at 108.5% 40min easy | 27 105min easy |
| 28 80min easy 40min easy | | | | | | |

March 2011

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|--|---|---|--|---|--|
| | 1 SPECIAL BLOCK 6.2mi at 90.5%, 5min rest, 6.2mi at 95% 6.2mi at 91.5%, 5min rest, 3.7mi at 100% | 2 60min easy | 3 3x6min, 3x5min, 3x4min, 3x3min, 3x3min, 3x2min at 84.5% 1min recovery | 4 Rest (Travel) | 5 40min easy | 6 Paris 1/2 Marathon 61:47, 2nd Place (101.5% pace) |
| 7 40min easy (Travel) | 8 Rest (travel) | 9 50min easy Travel, funeral | 10 Rest Funeral | 11 Rest Travel | 12 40min with 1min fast/1min easy + 20min at 101.5% + 20min easy 60min easy | 13 100min moderate |
| 14 10x1200m at 103% with 1:25 rec, 8.5min rest, 10x200m at 114%, 7min rest 10x200m at 115% PM: 52min easy | 15 60min easy 50min easy | 16 80min moderate | 17 80min easy 50min moderate | 18 24.9mi at 93.5% 35min very easy jogging | 19 70min easy | 20 80min easy |
| 21 50min easy 90min easy | 22 62min easy 47min progressive 88.5% → 102% | 23 60min easy 60min easy | 24 10x1600m 102% → 110.5% 50min easy | 25 70min moderate 60min moderate | 26 80min moderate 60min moderate | 27 90min moderate |
| 28 8x3km at 98.5% 1km rec at 78% 30min easy | 29 40min progressive | 30 80min easy → moderate 60min easy | 31 70min moderate 50min easy | | | |

Moses Mosop—Debut marathon (Boston)

April 2011

Training of Moses Mosop (coached by Renato Canova) before 2011 Boston Marathon

Compiled by John Davis
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| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|--|--|---------------------------------------|--|---|----------------------------|
| | | | | 1 15.5mi at 97.5% 50min easy | 2 85min easy 60min easy | 3 100min easy |
| 4 90min easy 58min easy | 5 24km (15mi) alternating 1km fast/1km moderate (104.5%/88.5%) 50min easy | 6 75min moderate 50min easy | 7 90min moderate 50min easy | 8 87min moderate 60min easy | 9 20x1 min fast/30sec moderate, getting progressively faster | 10 Rest (Travel) |
| 11 Rest (Travel) | 12 Rest (Travel) | 13 Unknown → likely easy to moderate running in Boston | 14 | 15 | 16 | 17 |
| 18 Boston Marathon 2:03:06, 2nd Place | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |