

A photograph of two male marathon runners in the foreground, with a city street and other runners in the background. The runner on the left is wearing a blue singlet with orange and black patterned accents and has his arms raised in celebration. The runner on the right is wearing a blue singlet with green patterned accents. Both are wearing Adidas-branded race bibs. The background shows a city street with buildings, spectators, and other runners, all slightly out of focus.

Boston Marathon

April 18, 2022

LONG-TERM GOAL

- Complete All 6 Abbott World Marathon Majors by Age 36 each under 3 hours



A large crowd of runners is participating in the NYC Marathon 2019, running across a suspension bridge. The runners are wearing various athletic gear and bib numbers. The bridge has a prominent suspension tower in the background. The image is overlaid with a blue tint.

NYC MARATHON 2019

In 2019 I created this slide
that specified the exact
time I was aiming for

Sub 3 Hour Marathon



OFFICIAL TIME

2:54:51

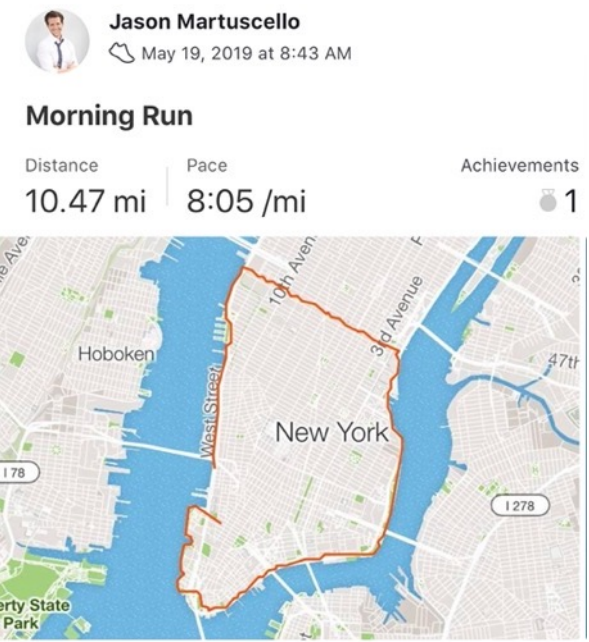
PACE

06:41

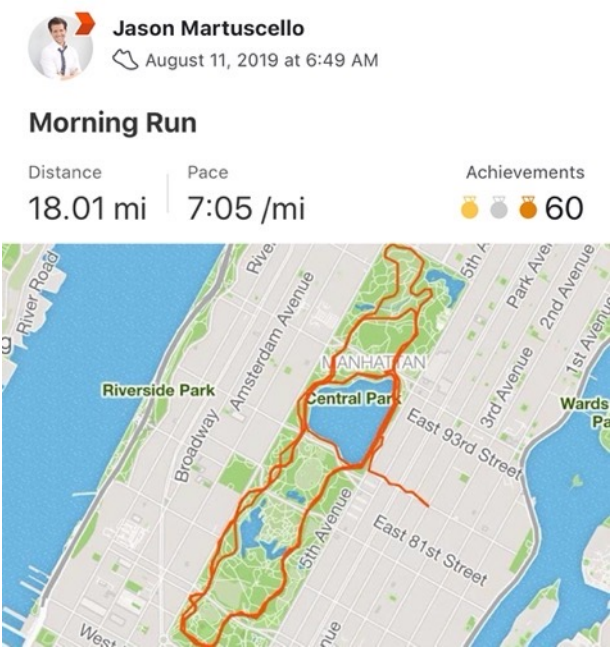


New York City Marathon Training

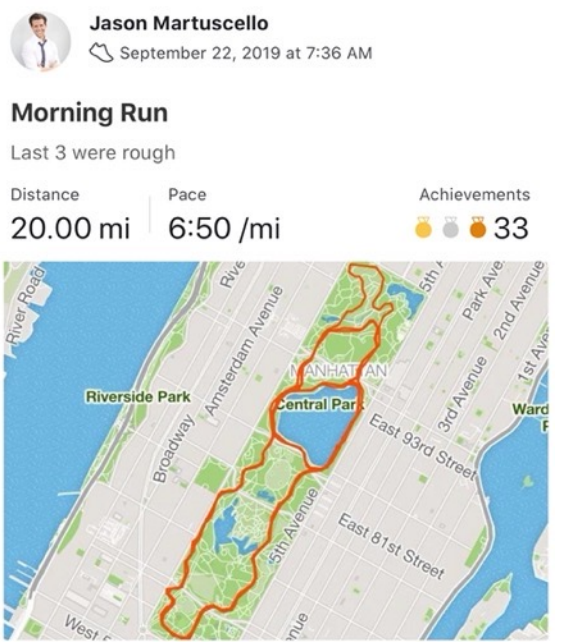
May 2019



August 2019



September 2019



October 2019





I did 2 half marathons in preparation for NYC

SEPTEMBER
9.15.19



13.1
1:24:47

OCTOBER
10.13.19



13.1
1:22:13

NOVEMBER
11.3.19



OFFICIAL CHARITY PARTNER
TCS
NEW YORK CITY
MARATHON

I finished NYC 2:54:32

OFFICIAL TIME **2:54:32**

PACE PER MILE **06:40**



JASON MARTUSCELLO

Finish Time
2:54:32

PRELIMINARY: Times and places may change

Point	Time	Pace (min/mile)	Pace (min/km)
Start	00:00		
5k/3.1mi	20:35	06:43	04:11
10k/6.2mi	41:20	06:50	04:15
15K/9.3mi	1:02:14	06:41	04:09
20K/12.4mi	1:23:06	06:47	04:13
Half/13.1mi	1:27:46	06:51	04:16
25K/15.5mi	1:44:14	06:53	04:17
30K/18.6mi	2:04:31	06:34	04:05
35K/21.7mi	2:25:08	06:40	04:09
40K/24.9mi	2:45:40	06:29	04:02
Finish	2:54:32	06:12	03:51

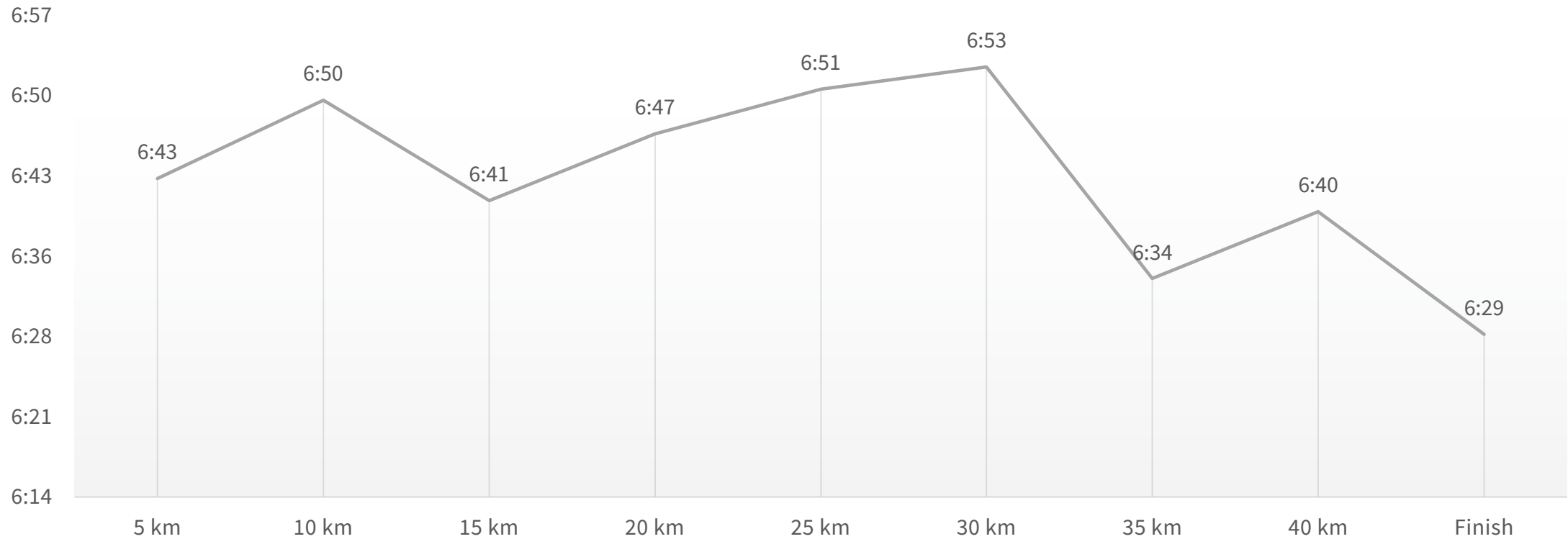
Avg. Pace 06:40 min/mile Avg. Pace 04:09 min/km





NYC felt so good. I never hit a wall. Negative Split

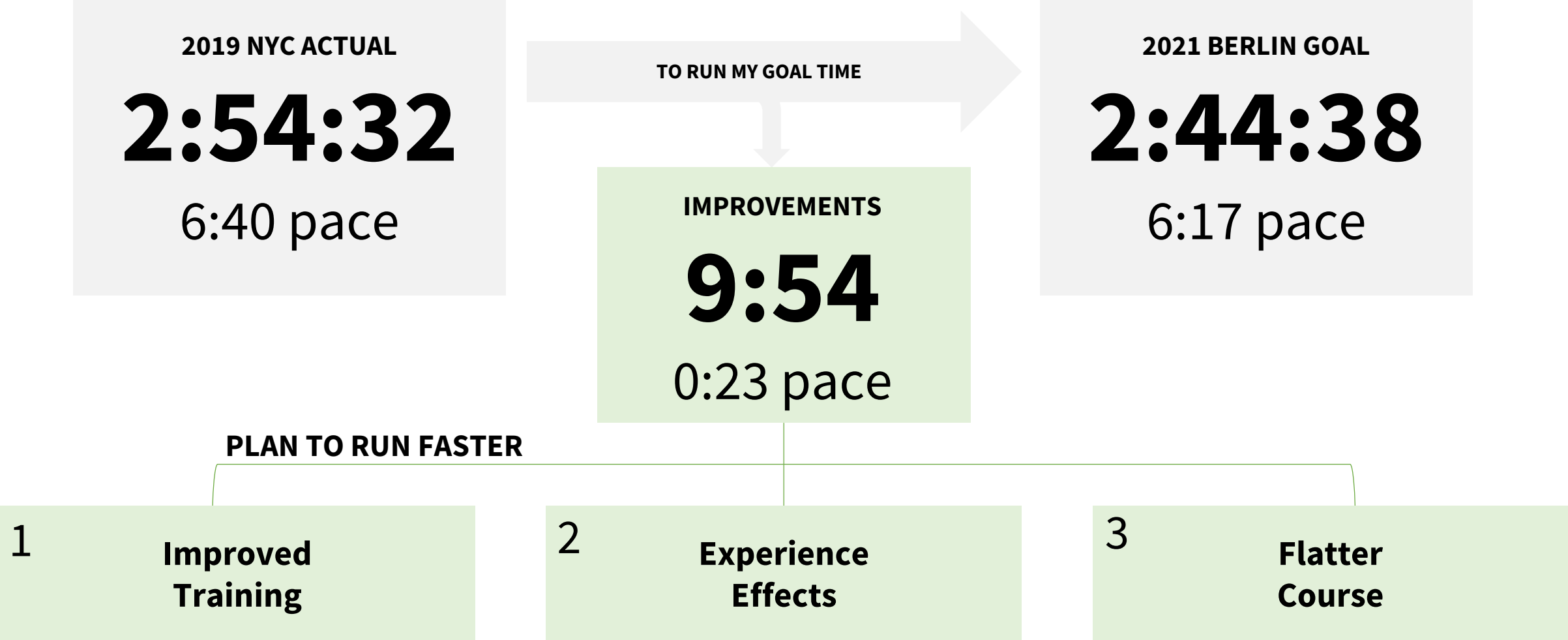
NYC 2:54 (6:40min/mile)



A wide-angle photograph of the Brandenburg Gate in Berlin, Germany. The gate is a neoclassical monument with six tall Doric columns supporting a pediment. On top of the pediment is a quadriga sculpture of four horses pulling a chariot. The gate is flanked by two long, two-story colonnades. The sky is a clear, pale blue. The foreground is a paved plaza. The text "BERLIN MARATHON 2021" is overlaid in white, bold, sans-serif font in the center of the image.

BERLIN MARATHON 2021

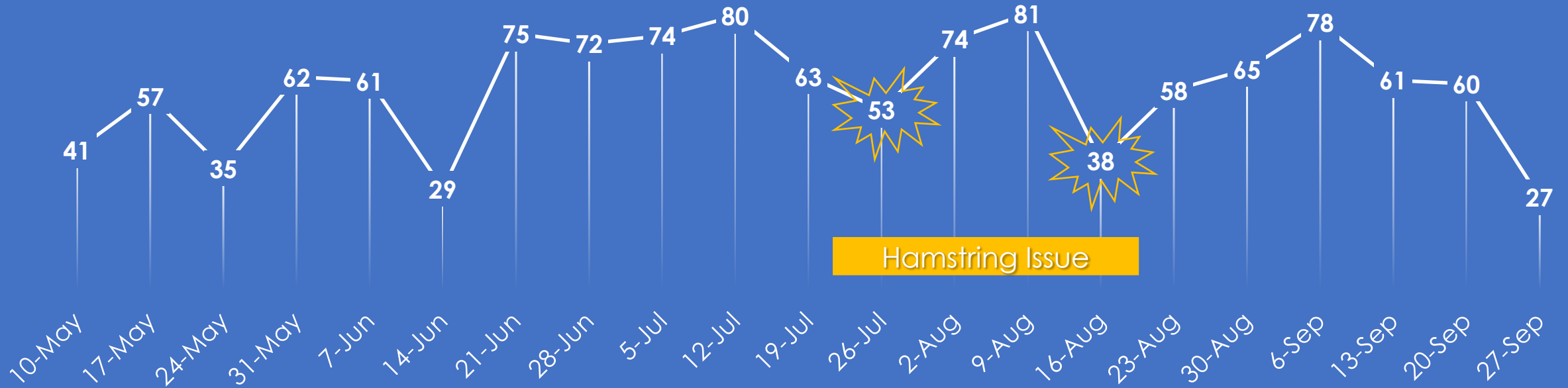
For Berlin I wanted to drop 10 min off my time from NYC



My Berlin training volume ramped up significantly compared to NYC Marathon training

Hamstring injury prevented any speed work from July onwards

2021 BERLIN TRAINING MILEAGE



I got married on 7/31, had my Bachelor party, and traveling from NYC/LA also had some impact on my training

Berlin Training

JUL 30

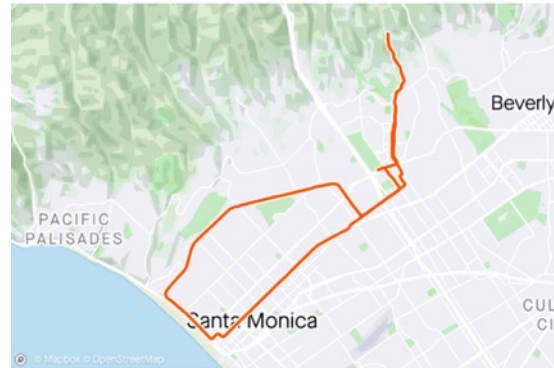


Jason Martuscello

July 30, 2021 at 6:01 AM · Los Angeles, California

Pre Wedding Run

Distance 17.02 mi | Pace 7:21 /mi | Time 2h 5m | Achievements 9



AUG 8

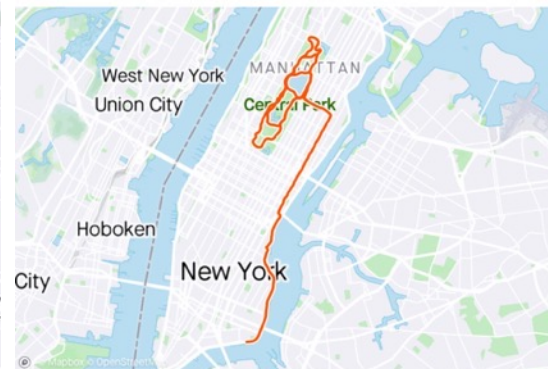


Jason Martuscello

August 8, 2021 at 6:31 AM · Manhattan, New York

Morning Run

Distance 20.00 mi | Pace 6:58 /mi | Achievements 10



AUG 15



Jason Martuscello

August 15, 2021 at 7:19 AM · Manhattan, New York

Morning Run

Distance 18.00 mi | Pace 6:34 /mi | Achievements 58



AUG 28



Jason Martuscello

August 29, 2021 at 7:08 AM · Manhattan, New York

Morning Run

Cloudy, 69°F, Feels like 67°F, Humidity 67%, Wind N 4mph

Distance 17.00 mi | Pace 6:34 /mi | Time 1h 51m | Achievements 30



SEP 4



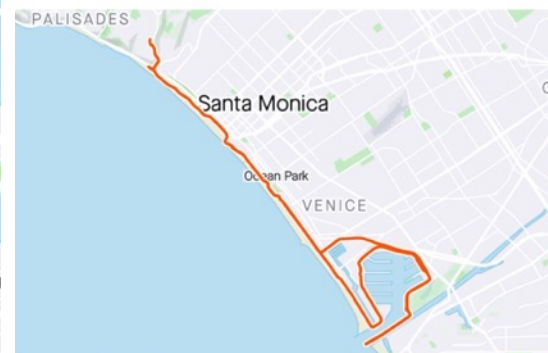
Jason Martuscello

September 4, 2021 at 6:50 AM · Los Angeles, California

Morning Run

Mostly sunny, 59°F, Feels like 65°F, Humidity 87%, Wind NNE 2mph

Distance 20.00 mi | Pace 6:34 /mi | Achievements 34



SEP 12



Jason Martuscello

September 12, 2021 at 7:10 AM · Manhattan, New York

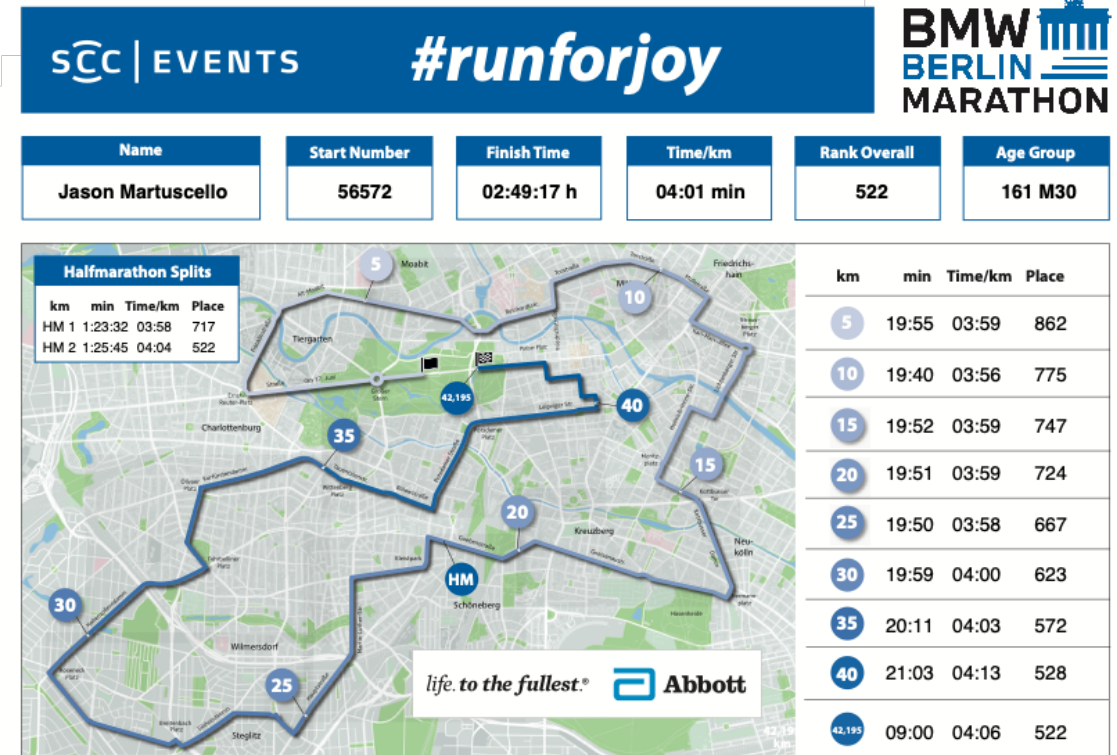
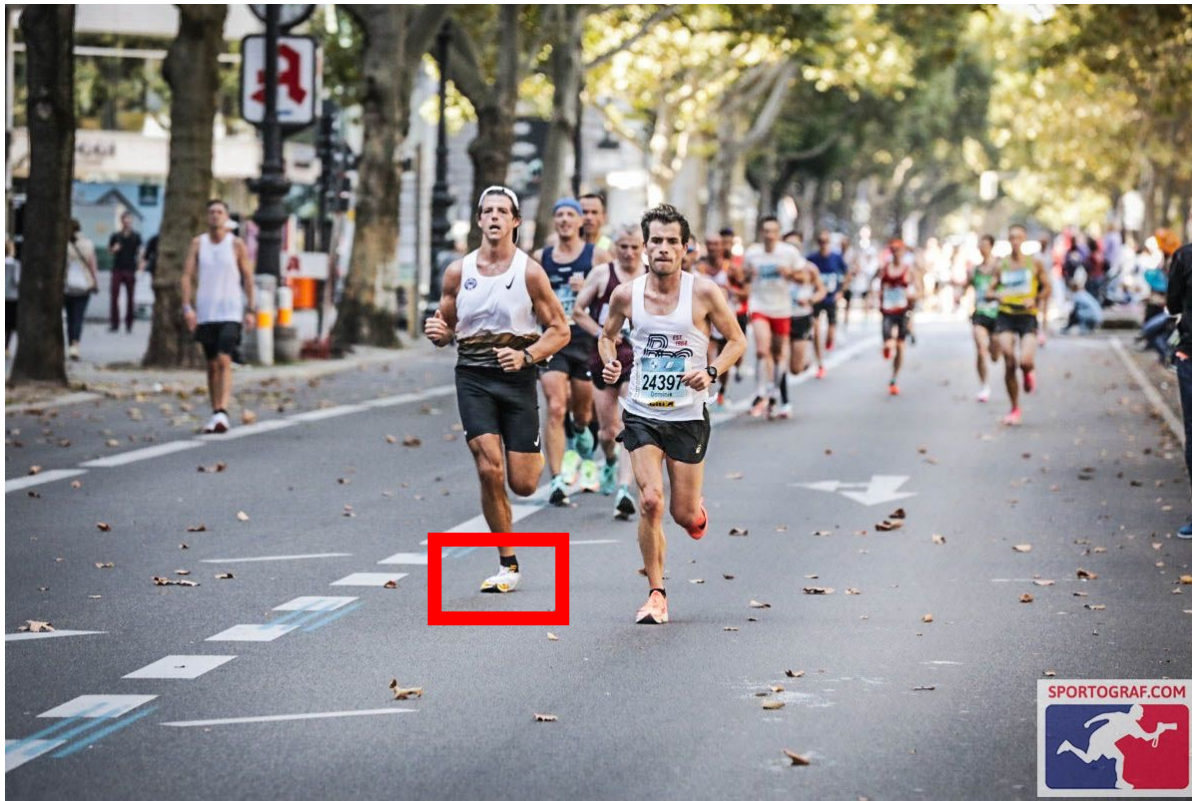
Morning Run

Sunny, 67°F, Feels like 67°F, Humidity 75%, Wind N 0mph

Distance 22.03 mi | Pace 6:33 /mi | Achievements 52

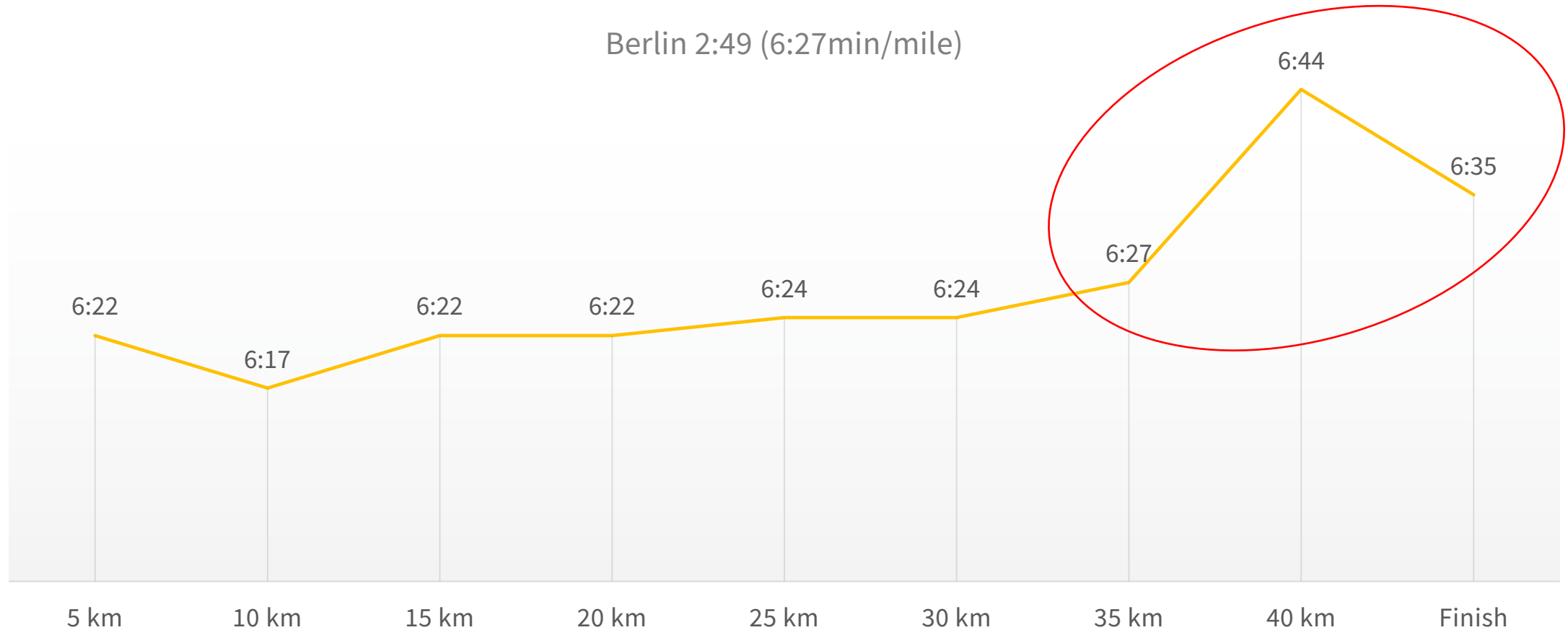


I finished Berlin – 2:49:17 (6:27 min/mile)



My calves were burning 21+ from pronation

Berlin was strong to 30K then felt a bit like I was hanging on



Boston Qualifier



QUALIFY FOR THE BOSTON MARATHON



Age Group	MEN	WOMEN
18-34	3hrs 00min 00sec	
35-39	3hrs 05min 00sec	3hrs 35min 00sec
40-44	3hrs 10min 00sec	3hrs 40min 00sec
45-49	3hrs 20min 00sec	3hrs 50min 00sec
50-54	3hrs 25min 00sec	3hrs 55min 00sec
55-59	3hrs 35min 00sec	4hrs 05min 00sec
60-64	3hrs 50min 00sec	4hrs 20min 00sec
65-69	4hrs 05min 00sec	4hrs 35min 00sec
70-74	4hrs 20min 00sec	4hrs 50min 00sec
75-79	4hrs 35min 00sec	5hrs 05min 00sec
80 and over	4hrs 50min 00sec	5hrs 20min 00sec



BOSTON MARATHON 2022

Goal Time: [PENDING WEATHER CONDITIONS]

OFFICIAL TIME

2:44:54

PACE

06:18

Summary of Marathon Performances

NOVEMBER 3, 2019



OFFICIAL CHARITY PARTNER
TCS
NEW YORK CITY
MARATHON

2:54:32

SEPTEMBER 26, 2021



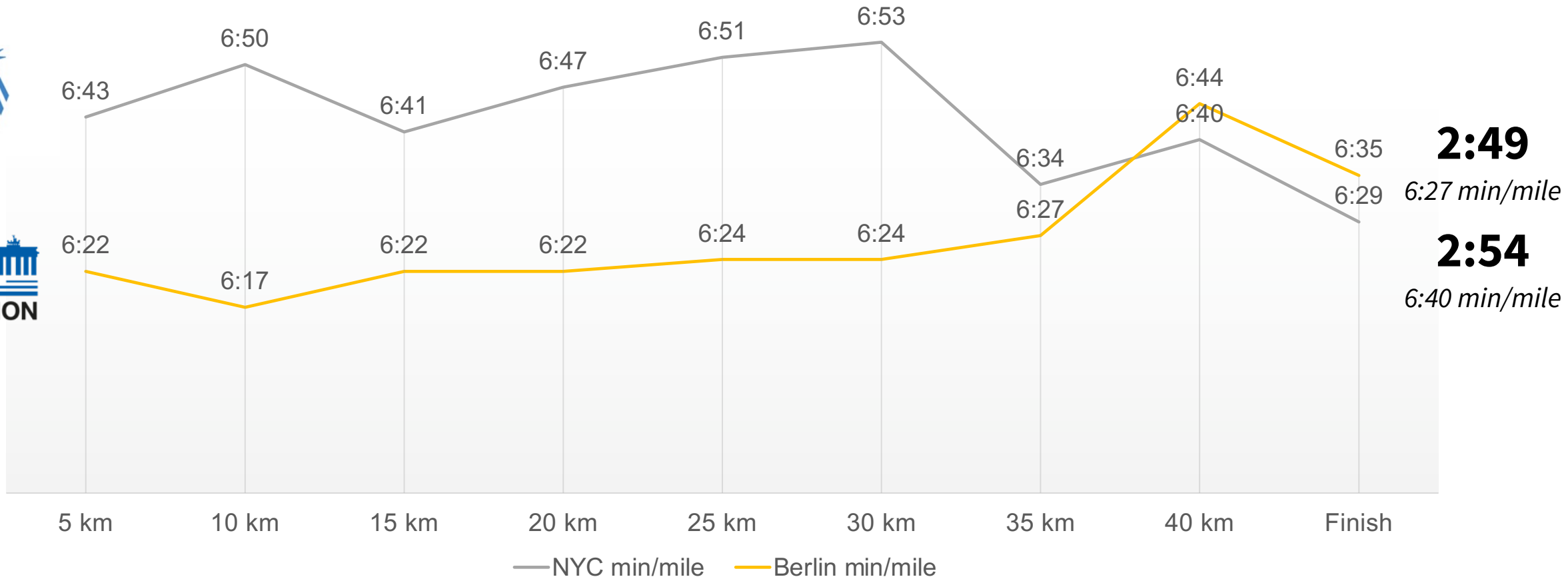
2:49:17

APRIL 18, 2022



2:44:54

Pacing for NYC & Berlin Marathon



2019

Felt strong.



2021

Felt hot.



JAN 23



Jason Martuscello

January 23, 2022 at 7:07 AM · Manhattan, New York

Morning Run

Mostly cloudy, 25°F, Feels like 25°F, Humidity 42%, Wind SSW 6mph

Distance	Pace	Time	Achievements
16.00 mi	6:54 /mi	1h 50m	15



FEB 13



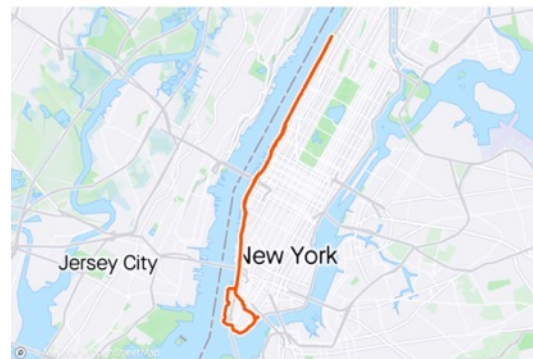
Jason Martuscello

February 13, 2022 at 6:43 AM · Manhattan, New York

Morning Run

Snow, 33°F, Feels like 33°F, Humidity 88%, Wind WNW 2mph

Distance	Pace	Time	Achievements
18.51 mi	6:55 /mi	2h 8m	22



FEB 20



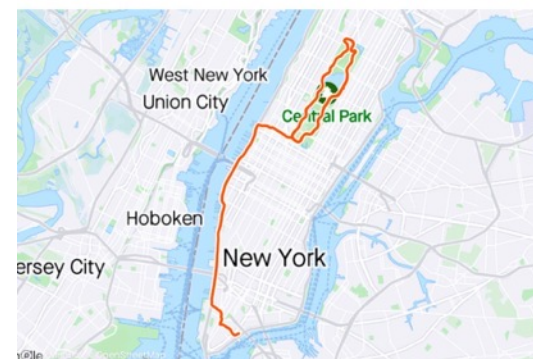
Jason Martuscello

February 20, 2022 at 6:39 AM · Manhattan, New York

Morning Run

Sunny, 24°F, Feels like 24°F, Humidity 40%, Wind SSW 5mph

Distance	Pace	Time	Achievements
20.00 mi	6:42 /mi		15



FEB 27



Jason Martuscello

February 27, 2022 at 6:46 AM · Manhattan, New York

GPS didn't register accurately

Sunny, 30°F, Feels like 30°F, Humidity 59%, Wind SSW 8mph

Distance	Pace	Time	Achievements
18.67 mi	7:30 /mi	2h 20m	4



MAR 6



Jason Martuscello

March 6, 2022 at 11:18 AM · Manhattan, New York

Lunch Run

Light rain, 52°F, Feels like 58°F, Humidity 88%, Wind SSW 6mph

Distance	Pace	Time	Achievements
21.15 mi	7:02 /mi	2h 28m	42



MAR 12



Jason Martuscello

March 12, 2022 at 5:51 AM · Manhattan, New York

Morning Run

Cloudy, 49°F, Feels like 52°F, Humidity 89%, Wind SW 4mph

Distance	Pace	Time	Achievements
22.00 mi	6:47 /mi		26



MAR 26



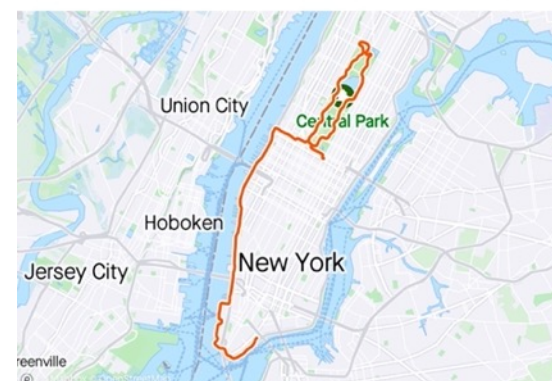
Jason Martuscello

March 26, 2022 at 7:20 AM · Manhattan, New York

2x HH

Cloudy, 48°F, Feels like 49°F, Humidity 56%, Wind N 5mph

Distance	Pace	Time	Achievements
20.00 mi	6:19 /mi	2h 6m	67



APR 3



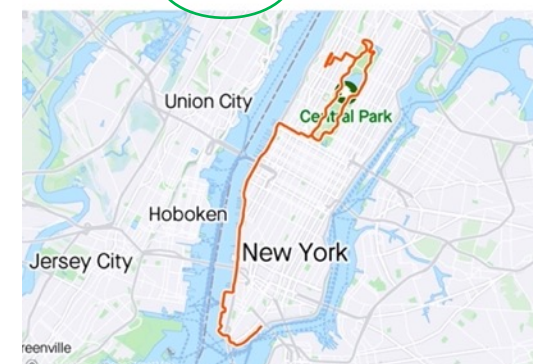
Jason Martuscello

April 3, 2022 at 6:44 AM · Manhattan, New York

2x HH / Boston 2 weeks out

Mostly cloudy, 46°F, Feels like 48°F, Humidity 66%, Wind SW 4mph

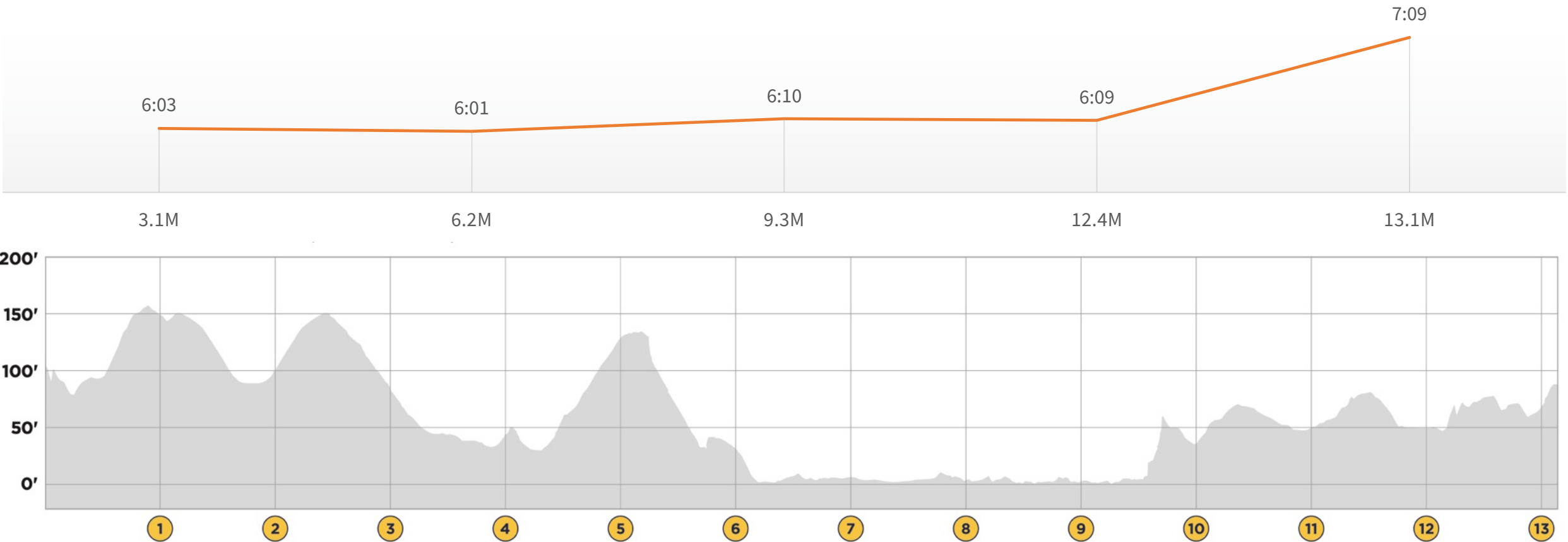
Distance	Pace	Time	Achievements
19.00 mi	6:18 /mi	1h 59m	49



I ran the NYC Half Marathon in Preparation for Boston




1:19:51 (6:06 min/mile)

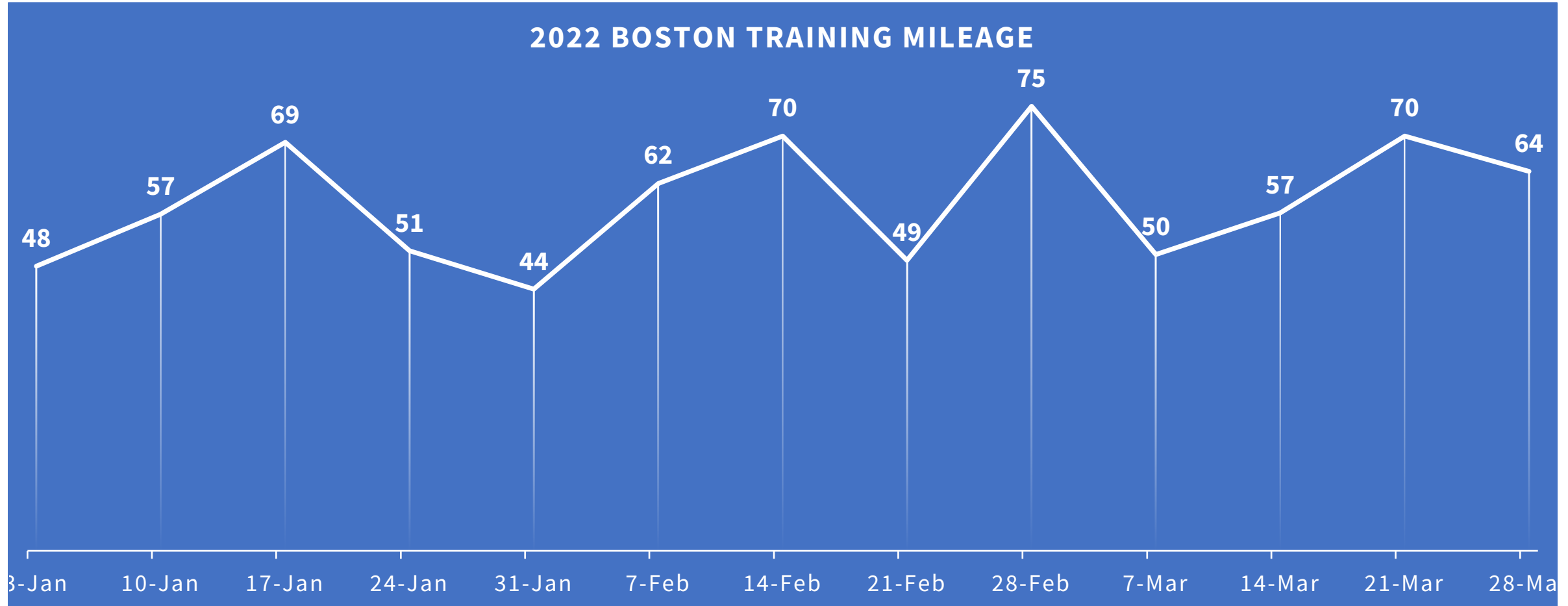


I went out too fast here, especially for the hills up front. Also, my hydration was a little sloppy. Definitely learning lessons for Boston

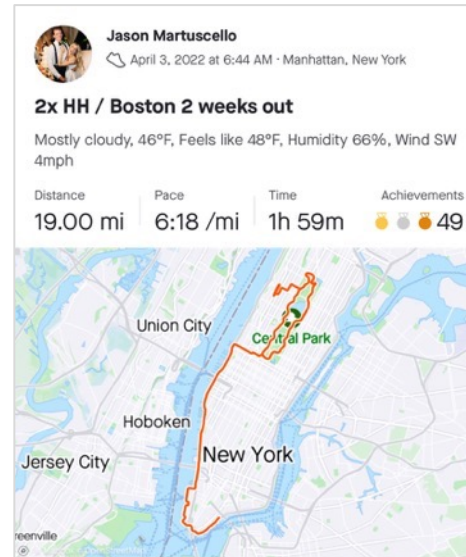
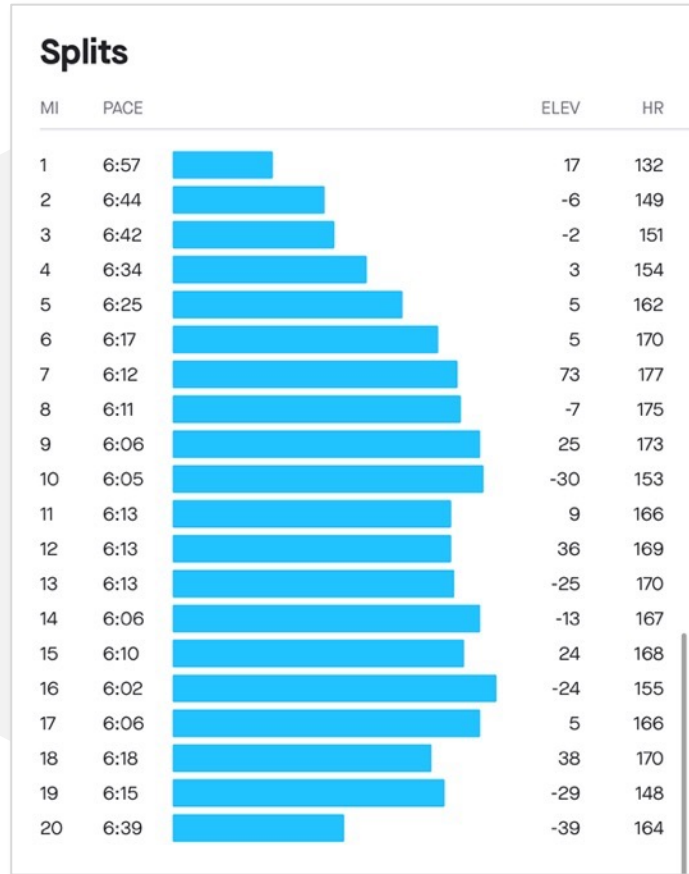
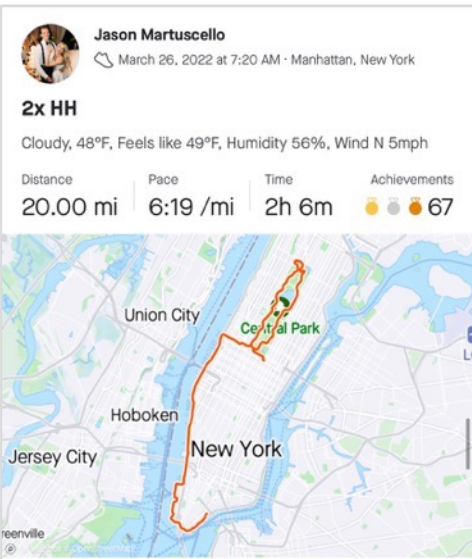
I have Ran 6 Half Marathons

1. 2017 - Miami Beach Half – **1:44**
2. 2017 - Halloween Half – **1:39**
3. 2018 - Fort Lauderdale A1A Half – **1:36**
4. 2019 - Philly Rock N Roll Half – **1:24**
5. 2019 - Long Beach Half – **1:22**
6. 2022 - NYC Half – **1:19** 

My Boston training volume was changed weekly mixing different workouts



The last 2 long runs felt strong...



Overall...

- The Half was tough but was a nice boost of confidence
- My last two long runs felt strong, especially running the hills in central park.
- Feel good having added lots of bridges, and hills at central park
- Body feels healthy having done PT 2x/week (manual therapy, ART, cupping, dry needling,, percussion therapy, normatec, rolling)
- Legs feel stronger and resilient having ramped up strength training by including Deadlifts, Single leg RDLs, High Incline Single Leg Step Ups, Glute Work to strengthen my base and prevent injury

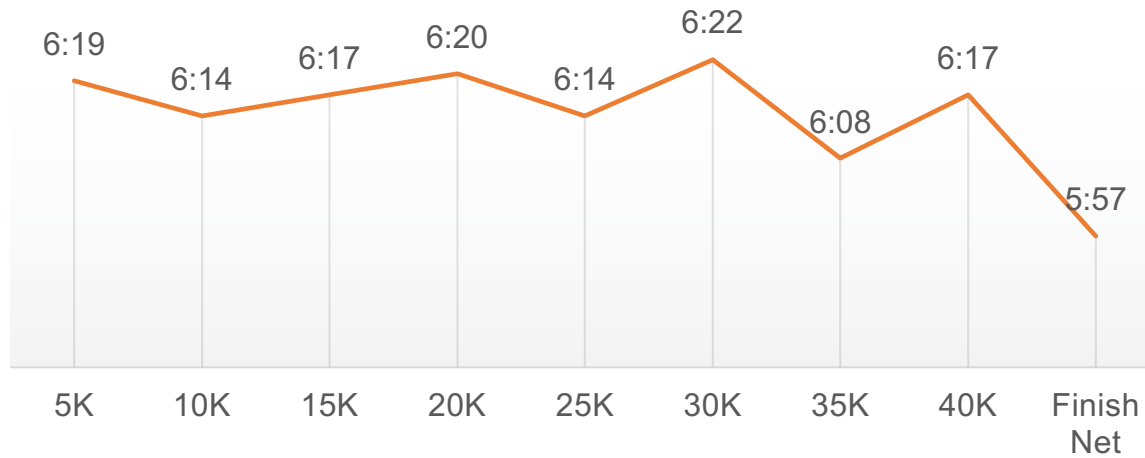
Analyzing Boston Marathon Times from **2021**

- Reviewed **2021** Boston Marathon Results
- Analyzed **4 different** runners who ran **sub 2:45**
- Graphed performances to identify pacing strategies

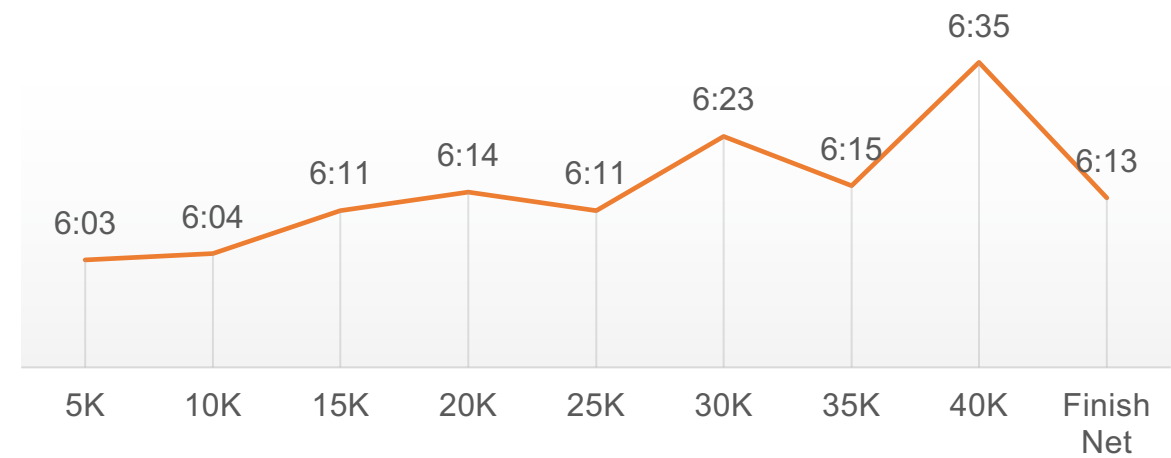


Different Sub 2:45 Pacing Strategies for Boston

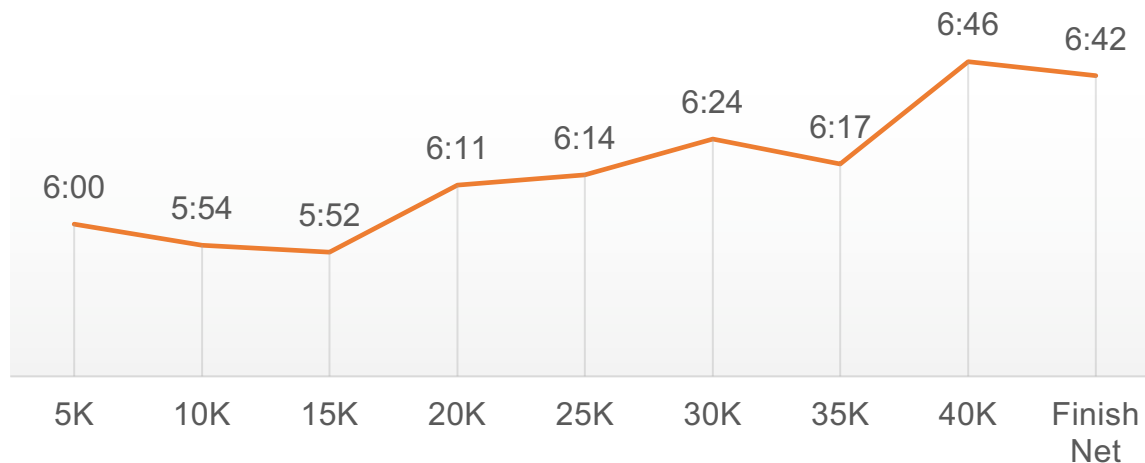
2:44:59



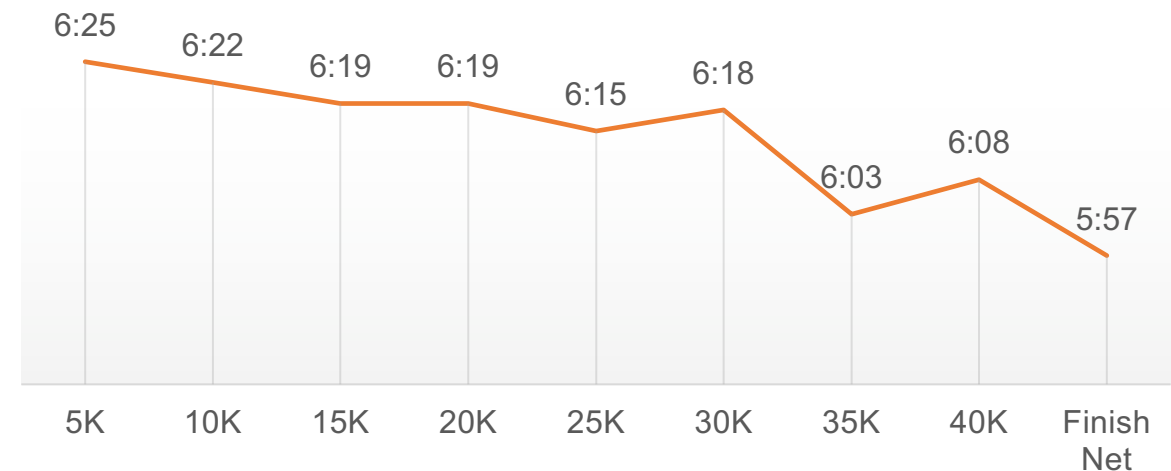
2:44:23



2:44:34



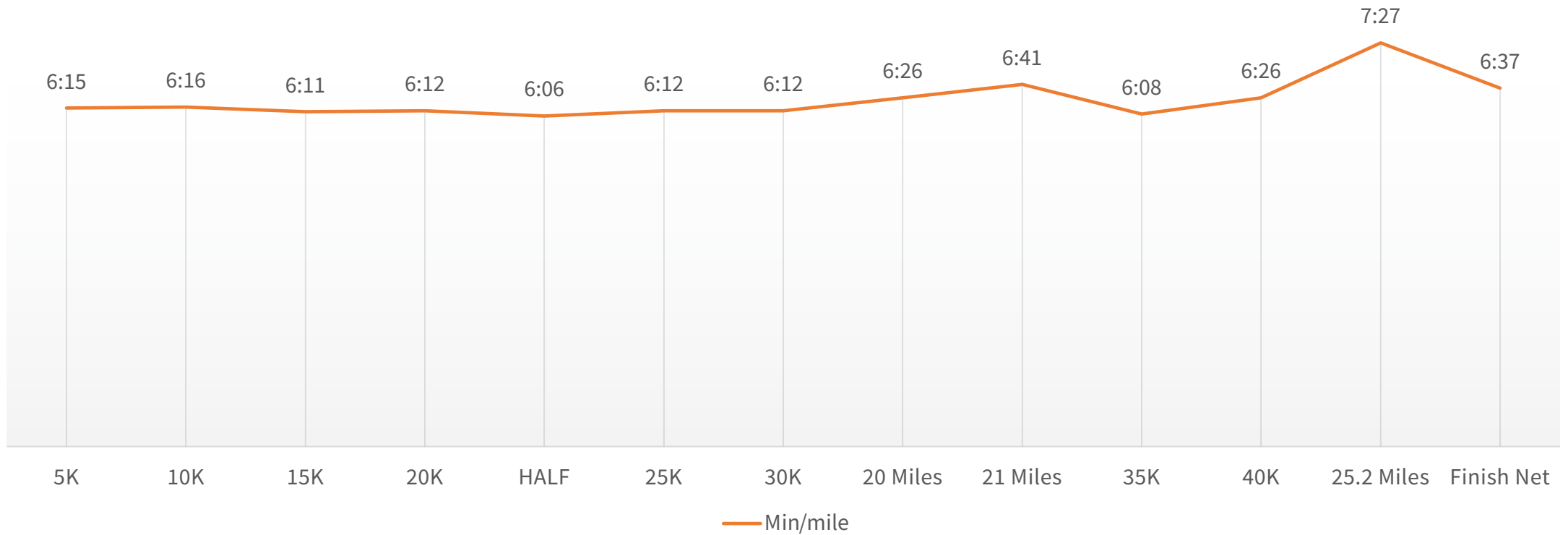
2:44:46



These are actual times I pulled from 2021 Boston Finishers

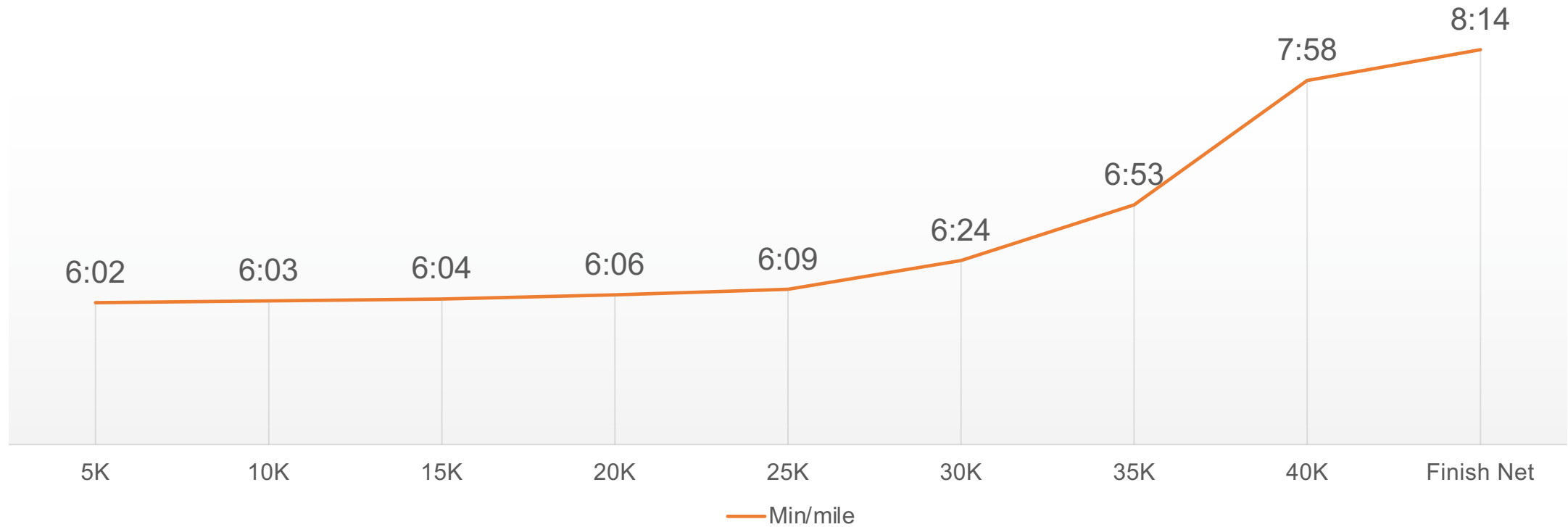
Ideal Pacing for Boston

2:44:56 (6:18min/mile)



I DO NOT want this to happen

2:53:44



Boston Marathon Course Elevation

Miles 16 to 21
Newton Hills



- These 5 miles will make or break your race
- 150 Net incline over 5 miles
- Series of 4 hills
- Steepest at 17.5 & 19.25



The historic course starts on Main Street in the rural New England town of Hopkinton and follows Route 135 through Ashland, Framingham, Natick, and Wellesley to where Route 135 joins Route 16. It continues along Route 16 through Newton Lower Falls, turning right at the fire station onto Commonwealth Avenue, which is Route 30. It follows Commonwealth Ave. through the Newton Hills, bearing right at the reservoir onto Chestnut Hill Avenue to Cleveland Circle. The route then turns left onto Beacon Street continuing through Brookline, Kenmore Square, and under Massachusetts Avenue. The course turns right onto Hereford Street (against normal traffic flow) then left onto Boylston Street, finishing near the Boston Public Library in Copley Square.

©2022. All rights reserved. No portion of this map may be reproduced without permission of the Boston Athletic Association. Boston Marathon®, B.A.A. Marathon™, and the B.A.A. Unicorn logo are registered trademarks of the Boston Athletic Association. Use of these trademarks without written permission from the Boston Athletic Association is prohibited.



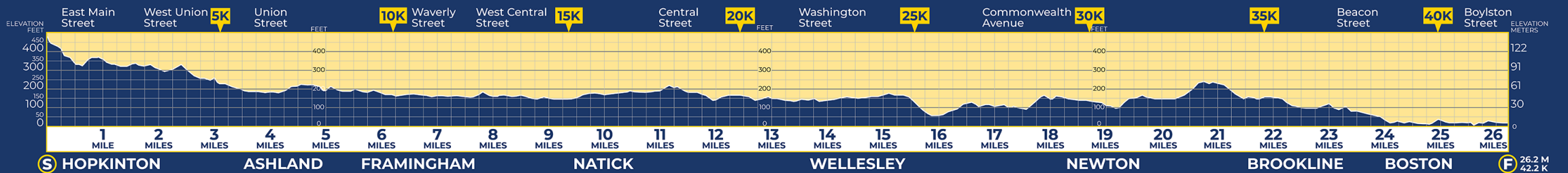
BOSTON MARATHON®

Official JetBlue Course Map

jetBlue

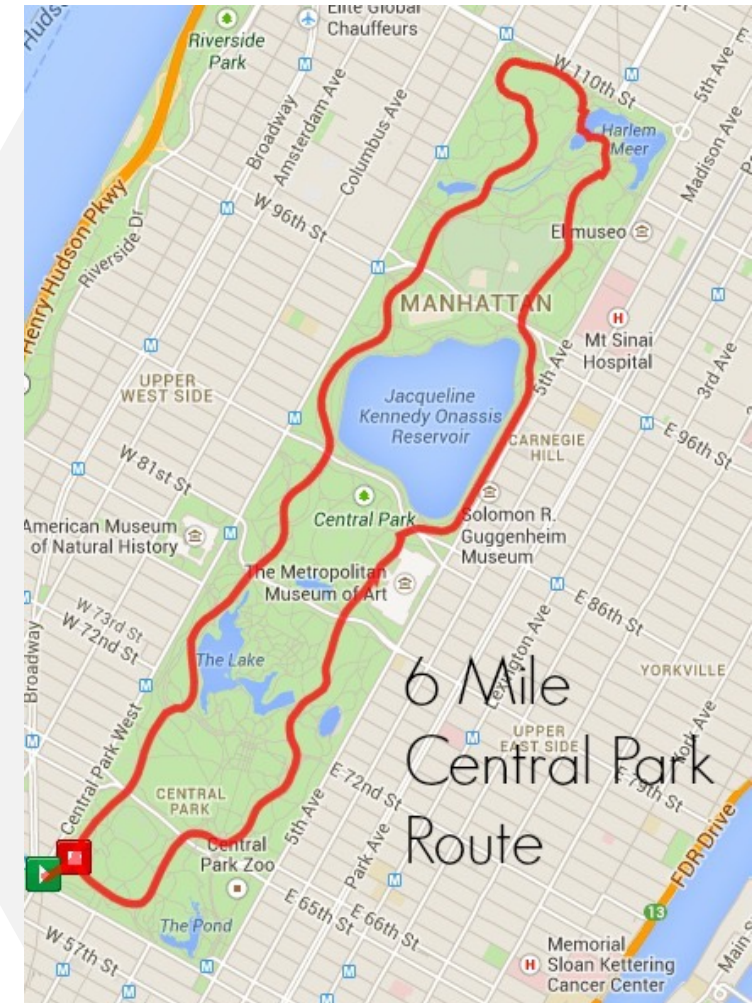


Gatorade Endurance Formula and Poland Spring water are available at every mile along the course and beyond the finish line.



1.5 Loops in Central Park is more elevation gain than the entire Boston Marathon

CENTRAL PARK



Cover with Coach

1. Warm Up

1. What
2. Timing (how long before race)

2. Race Start

1. Front/Back of my Wave

3. Nutrition/Hydration

1. Water + Gatorade
2. Maurten Gels

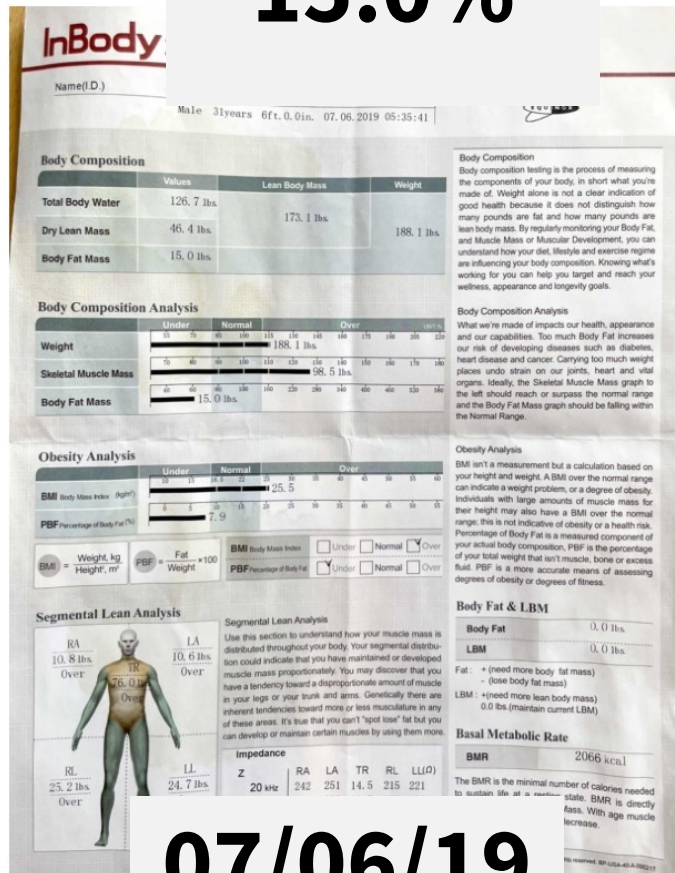
4. Pacing

1. Set times – write on wrist
2. Start
3. 16-22

5. Mentally

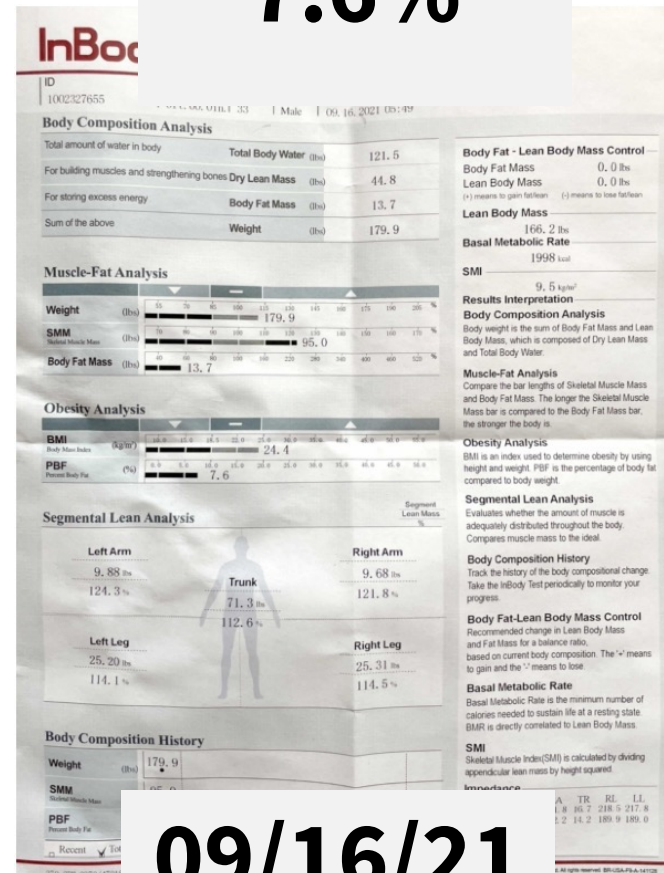
1. Breaking down the course mentally
2. Hills
3. Prepare for dark moments

188.1lbs
15.0%



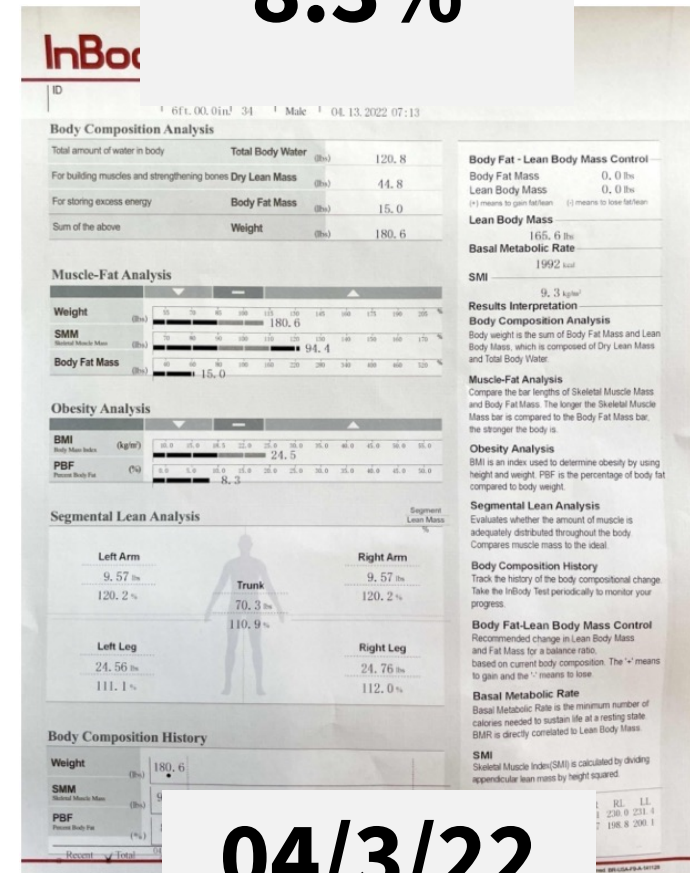
07/06/19

179.9lbs
7.6%



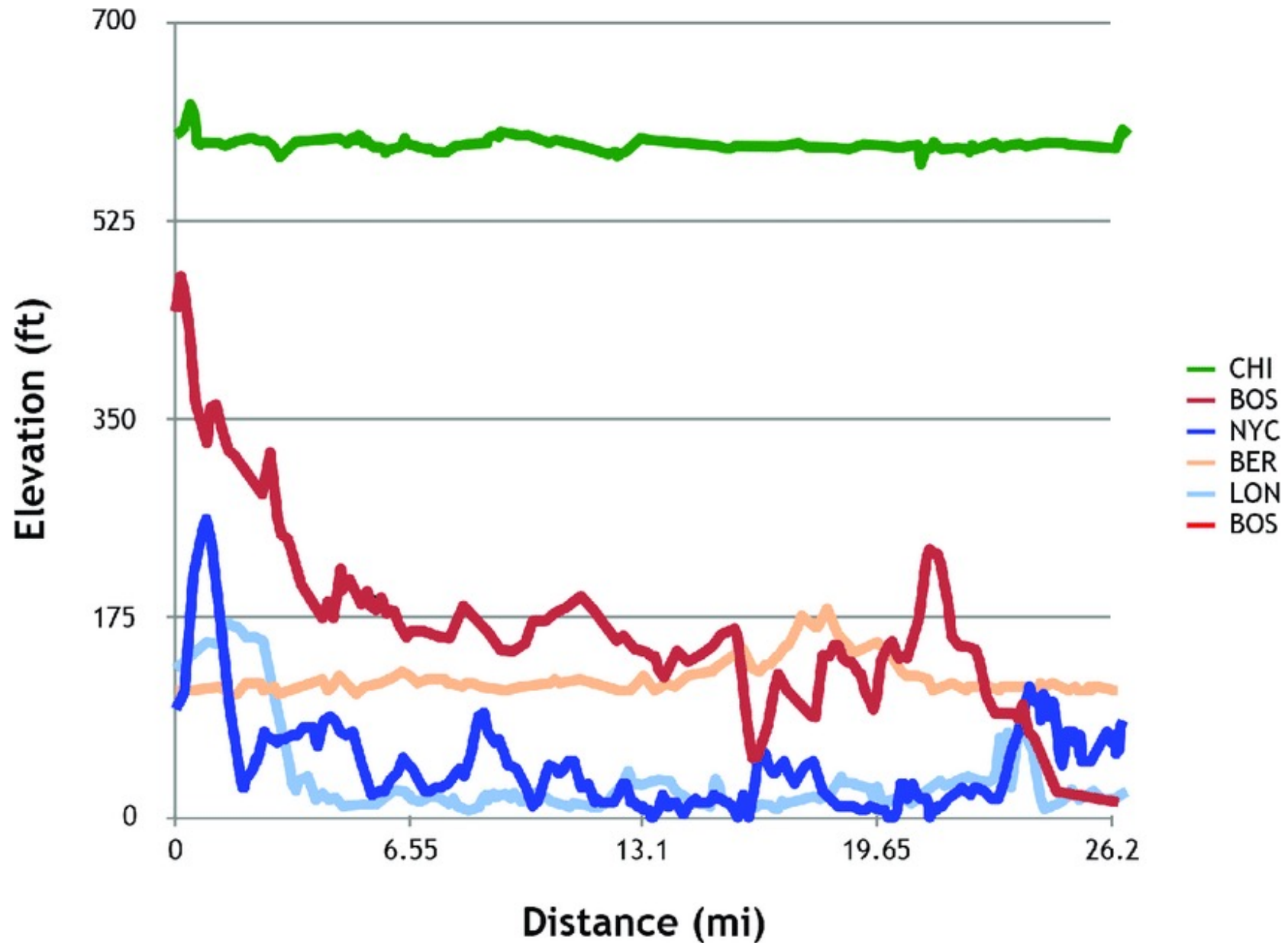
09/16/21

180.6lbs
8.3%



04/3/22

Comparison of 6 Marathon Majors Course Elevation



Let's do this!

