

## BODY &amp; SOUL



## DATA

**13** Years that silicone has been restricted for use in breast implants in the U.S. The FDA currently debating whether implants are now safe enough to be widely marketed again. REUTER



## ¡LA VIDA ES FANTÁSTICA!

Puerto Ricans are the most satisfied with their lives, according to a survey by a Swedish group that allowed people in 82 countries to rank their happiness according to their satisfaction in life. But critics warn that this doesn't mean they are the happiest in the world, saying the survey was based on a subjective "well-being index." AP

EDITED BY CATHERINE NEW  
catherine.new@metro.us

# Going the distance

## It's all about training to make it past Heartbreak Hill

**WHILE IT MIGHT** be a little late to start training for the Boston Marathon, training for long-distance running is always in season. And as the runners make their way from Hopkinton to Copley Place this Monday, many spectators will surely be inspired to dash from the porch to the pavement for next year's run.

But there are right ways and wrong ways to train for long-distance running, according to fitness expert

Jonathan Roche. Thankfully, it's not just for an exclusive group, he says.

"Anyone can do it, you just have to train," Roche says.

Roche, 32, grew up in Scituate and now lives in Colorado, where he founded Breakthrough Health & Fitness.

He says in terms of mileage, runners should only run 18 to 20 miles at most, rather than train at marathon length. Running only three or four times a

week is ideal to avoid putting too much wear and tear on your body, he adds.

In addition to running, cross-training will help increase stamina, says Roche, who gives his marathon clients a push-ups and sit-ups regimen that builds up strength to finish the race.

"If your core and your abs are strong, then later in these long runs you'll be able to maintain clean posture, which is extremely important," he says. "When you watch the Boston Marathon, a lot of people at the end are keeled over because they don't have the abs strength, which causes a lot of pulling on your back and prohibits you from having a clear breathing flow."

Being patient during training is another critical component, Roche says. He



**RUNNING** the Boston Marathon takes stamina and ab strength.

recommends slowly building up your mileage each week.

Daniela Diamanti, who will run the Boston Marathon for the first time this year, used that philosophy. Diamanti, 23, of Brookline, who will run the marathon through Brigham & Women's hospital to benefit breast cancer research,

worked with a training group through FitCorp to prepare. She met with her group every Saturday morning to run, and slowly increased her mileage.

The sheer length of the Boston Marathon — 26.2 miles — can be daunting. But Roche says it's important to not be intimidated by the distance.

"It's about 10 times harder to run from zero to three miles than it is to run from three miles to marathon length," he says. "If you run for a mile, and you're dying, then it leaves this impression that if you ran only one mile, and I'm dying, I could never make it through 26 miles."

GREG ST. MARTIN  
gstmartin@metro-boston.com

### Try a new running path

- Bay Circuit Trail and Greenway  
[www.serve.com/baycircuit/index.html](http://www.serve.com/baycircuit/index.html)
- Boston Athletic Association  
[www.baa.org](http://www.baa.org)
- Brookline's Emerald Necklace  
[www.emeraldnecklace.org/index.cgi](http://www.emeraldnecklace.org/index.cgi)
- Minuteman Bike Path  
[www.minutemanbikeway.org/Pages/intro.html](http://www.minutemanbikeway.org/Pages/intro.html)