

Week 1 55 mi 	12/25/2023 Rest or cross-training	12/26/2023 General aerobic + speed 8 mi w/ 10x100m strides	12/27/2023 Medium-long run 11 mi	12/28/2023 Recovery 5 mi	12/29/2023 Medium-long run 11 mi	12/30/2023 Recovery 5 mi	12/31/2023 Marathon pace run 15 mi w/ 8 mi @ marathon race pace
Week 2 59 mi	1/1/2024 Rest or cross-training	1/2/2024 Medium-long run 12 mi	1/3/2024 Medium-long run 11 mi	1/4/2024 Recovery 5 mi	1/5/2024 Lactate threshold 9 mi w 4 mi @ 15K to half marathon race pace	1/6/2024 Recovery 5 mi	1/7/2024 Long run 17 mi
Week 3 61 mi	1/8/2024 Rest or cross-training	1/9/2024 General aerobic + speed 8 mi w/ 10x100m strides	1/10/2024 Medium-long run 14 mi	1/11/2024 Recovery 5 mi	1/12/2024 Medium-long run 12 mi	1/13/2024 Recovery 5 mi	1/14/2024 Marathon pace run 17 mi w/ 10 mi @ marathon race pace
Week 4 66 mi	1/15/2024 Rest or cross-training	1/16/2024 Medium-long run 13 mi	1/17/2024 Medium-long run 15 mi	1/18/2024 Recovery 5 mi	1/19/2024 Lactate threshold 10 mi w 5 mi @ 15K to half marathon race pace	1/20/2024 Recovery 5 mi	1/21/2024 Long run 18 mi
Week 5 62 mi	1/22/2024 Rest or cross-training	1/23/2024 General aerobic + speed 8 mi w/10 x 100m strides	1/24/2024 Medium-long run 15 mi	1/25/2024 Recovery 5 mi	1/26/2024 Lactate threshold 10 mi w 4 mi @ 15K to half marathon race pace	1/27/2024 General aerobic 7 mi	1/28/2024 Long run 17 mi

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Advanced Marathoning Pete Pfitzinger, Scott Douglas, 2019-07-25 Advanced Marathoning Third Edition has all the information competitive runners need to train smarter remain injury free and run their best marathon *Faster Road Racing* Pete Pfitzinger, Philip Latter, 2014-11-24 Set PRs in the most popular race distances Renowned running authority coach and best selling author Pete Pfitzinger teams with Philip Latter senior writer for Running Times in this must have training guide for the most popular race distances including the 5K 10K and half marathon Faster Road Racing 5K to Half Marathon presents easy to follow programs proven to give you an edge in your next race You ll discover detailed plans for race specific distances as well as expert advice on balancing training and recovery cross training nutrition tapering and training over age 40 And for serious runners who compete in numerous races throughout the year Pfitzinger s multi race multi distance training plans are invaluable Faster Road Racing is your all inclusive resource on running your fastest at distances of 5K 8K to 10K 15K to 10 miles and the half marathon **Lore of Running** Timothy Noakes, 2003 Dr Noakes explores the physiology of running all aspects of training and recognizing avoiding and treating injuries 133 illustrations

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Runner's World , 2007 **Road Racing for Serious Runners** Pete Pfitzinger, Scott Douglas, 1999 The authors present a training and racing plan for competitive runners to excel in the full

spectrum of road racing distances telling how to individualize programs for 5K 8K 10K and 15K races 60 photos **Wege zur Marathonliteratur** Jürgen Schiffer,2002 *American Health* ,1989 The New York Times Biographical Service ,1984 A compilation of current biographical information of general interest Everything Running Art Liberman,2002-04-01
A guide to running that explains how to get started on a running program and provides information on proper nutrition
choosing the right equipment stretching cross training regulating water intake and other related topics **Boost Your Brainpower** Ellen Michaud,Russell Wild,1993-05 A Total program to strengthen and expand your most important resource
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