

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

Pfitzinger Marathon Training

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Advanced Marathonning Pete Pfitzinger, Scott Douglas, 2019-07-25 Advanced Marathonning 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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Table of Contents Pfitzinger Marathon Training

1. Understanding the eBook Pfitzinger Marathon Training
 - The Rise of Digital Reading Pfitzinger Marathon Training
 - Advantages of eBooks Over Traditional Books
2. Identifying Pfitzinger Marathon Training
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pfitzinger Marathon Training
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pfitzinger Marathon Training
 - Personalized Recommendations
 - Pfitzinger Marathon Training User Reviews and Ratings
 - Pfitzinger Marathon Training and Bestseller Lists
5. Accessing Pfitzinger Marathon Training Free and Paid eBooks

- Pfitzinger Marathon Training Public Domain eBooks
- Pfitzinger Marathon Training eBook Subscription Services
- Pfitzinger Marathon Training Budget-Friendly Options
- 6. Navigating Pfitzinger Marathon Training eBook Formats
 - ePub, PDF, MOBI, and More
 - Pfitzinger Marathon Training Compatibility with Devices
 - Pfitzinger Marathon Training Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pfitzinger Marathon Training
 - Highlighting and Note-Taking Pfitzinger Marathon Training
 - Interactive Elements Pfitzinger Marathon Training
- 8. Staying Engaged with Pfitzinger Marathon Training
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pfitzinger Marathon Training
- 9. Balancing eBooks and Physical Books Pfitzinger Marathon Training
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pfitzinger Marathon Training
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Pfitzinger Marathon Training
 - Setting Reading Goals Pfitzinger Marathon Training
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Pfitzinger Marathon Training
 - Fact-Checking eBook Content of Pfitzinger Marathon Training
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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