

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

Pfitzinger Marathon Training

Léo Pomar



Pfiztinger Marathon Training:

Advanced Marathoning Pete Pfiztinger, 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 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 *Faster Road Racing* Pete Pfiztinger, Philip Latter, 2014-11-24 Set PRs in the most popular race distances Renowned running authority coach and best selling author Pete Pfiztinger 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 Pfiztinger 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 **Running Times** ,2006-05 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times** ,2007-07 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times** ,2006-12 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Running Times* ,2007-06 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times** ,2007-03 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times** ,2008-10 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Advanced Marathoning 2nd Edition** , *Running Times* ,2006-01 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times** ,2008-11 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Runner's World** ,2007 Road Racing for Serious Runners Pete Pfiztinger, 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 *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 **American Health** ,1989 **The New York
Times Biographical Service** ,1984 A compilation of current biographical information of general interest **Boost Your
Brainpower** Ellen Michaud,Russell Wild,1993-05 A Total program to strengthen and expand your most important resource
The Physician and Sportsmedicine ,1989-07

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Pfitzinger Marathon Training**

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