

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

LP Steffe



Pfitzinger Marathon Training:

Reviewing **Pfitzinger Marathon Training**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Pfitzinger Marathon Training**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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