

SECOND EDITION

ADVANCED MARATHONING



PETE PFITZINGER • SCOTT DOUGLAS

FOREWORD BY RYAN HALL

Advanced Marathonning 2nd Edition

Don Fink



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Advanced Marathonning 2nd Edition , **Advanced Marathonning** Pete Pfitzinger, Scott Douglas, 2025-07-10 Written for serious runners by the duo behind the hugely successful first three editions Advanced Marathonning Fourth Edition is now in full color and includes the marathon training principles and training programs that thousands of marathon runners have used to set personal bests **Advanced Marathonning** Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science based training for serious runners Advanced Marathonning has all the information you need to train smarter remain injury free and arrive on the start line ready to run the marathon of your life Including marathon pace runs and tempo runs Advanced Marathonning provides only the most effective methods of training You ll learn how to complement your running workouts with strength core flexibility and form training implement cutting edge nutrition and hydration strategies and recovery techniques and taper properly to reach peak performance With easy to understand day by day training schedules for 18 and 12 week preparation for weekly distances of 55 55 to 70 70 to 85 and 85 plus miles Advanced Marathonning is simply the most comprehensive and efficient approach to marathonning If you re ready to achieve your personal best this book is for you **Running Anatomy-2nd Edition** Puleo, Joe, Milroy, Patrick, 2018-01-06 Running Anatomy Second Edition features 48 of the most effective exercises for runners each with clear step by step descriptions and 155 anatomical illustrations highlighting the runner s muscles in action *Hansons Marathon Method, 2nd Edition* ,

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