



Advanced Marathoning (2nd Revised edition)

By Pete Pfitzinger, Scott Douglas

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Advanced Marathoning (2nd Revised edition), Pete Pfitzinger, Scott Douglas, "Marathoning" 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 Marathoning" 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 Marathoning" is simply the most comprehensive and efficient approach to marathoning. If you're ready to achieve your personal best, this book is for you.



Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- Melvin Hettinger

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM