

Pfitzinger Marathon Training

Explore 50 of the world's greatest running routes, from short urban runs to cross-country trails and must-do marathons. Entries include China's Great Wall Marathon, the Amalfi Coast's Path of the Gods, Australia's Blue Mountains ultra, the 10k Great Ethiopian Run, Chicago's Lakefront Trail and the Barkley Marathons.

Train like Olympic marathoner and 2014 Boston Marathon winner Meb Keflezighi With his historic win at the 2014 Boston Marathon, Meb Keflezighi cemented his legacy as one of the great champions of long-distance running. Runners everywhere wanted to know how someone two weeks away from his 39th birthday, who had only the 15th best time going into the race, could defeat the best field in Boston Marathon history and become the first American man to win the race in 31 years. Meb For Mortals describes in unprecedented detail how three-time Olympian Keflezighi prepares to take on the best runners in the world. More importantly, the book shows everyday runners how to implement the training, nutritional, and mental principles that have guided him throughout his long career, which in addition to the 2014 Boston win includes an Olympic silver medal and the 2009 New York City Marathon title.

Runner's World senior editor Katie Neitz has compiled the best tips and techniques on training, pace, nutrition, injury rehabilitation and prevention, and every other detail that will lead to peak performance. In sections devoted to each of the four races, Runner's World Guide to Road Racing lays out the insider secrets of the pros in concise, user-friendly format, including: - Distance-specific training programs - Eating plans - Tips for hydration - Race-day strategies - Pacing recommendations - Advice on achieving the optimal mental state for competition

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Providing level-specific techniques and strategies for beginner, intermediate, and advanced runners, both competitive and recreational, this is a no-nonsense, fluff-free guide that will quickly become the road racer's bible.

Renowned marathon expert and leading sports scientist Professor John Brewer reveals why many of the concepts surrounding marathon training and running are wrong - and suggests how the latest sports science research transforms the way marathons should be approached. Run Smart uses the latest scientific research to show how preparing for, and running, marathons can be made easier, and in doing so challenges many of the myths that surround marathon running. The book will draw on the author's experience as one of the UK's leading sports scientists, his extensive research background in marathon running, and his experience as a marathon runner, to provide credible advice to runners to support their preparation for a marathon. The book will challenge many current concepts, myths and ideas, and provide science-based alternatives in areas such as training and nutrition that will optimise and ease a runner's preparation for, and completion of, the 26.2 mile distance. This highly accessible book will use the latest scientific findings to support new runners training for their first marathon and help more experienced athletes improve and train smarter.

Based on the latest research into the best nontraditional training methods, this handbook provides supplementary training and recovery methods that can significantly improve a runner's performance. 135 photos.

Most serious runners don't realize their potential. They simply stop getting faster and don't understand why. The reason is simple: most runners are unable to run by feel. The best elite runners have learned that the key to faster running is to hear what their bodies are telling them.

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Drawing on new research on endurance sports, best-selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners. *RUN: The Mind-Body Method of Running by Feel* will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way. Fitzgerald's mind-body method will revolutionize how runners think about training, their personal limits, and their potential. *RUN* explains how to interpret emotional and physical messages like confidence, enjoyment, fatigue, suffering, and aches and pains. *RUN* guides readers toward the optimal balance of intensity and enjoyment, volume and recovery, repetition and variation. As the miles add up, runners will become increasingly confident that they are doing the right training on the right day, from one season to the next. *RUN* marks the start of a better way to train. The culmination of science and personal experience, the mind-body method of running by feel will lead runners to faster, more enjoyable training and racing.

Rock your run with *The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training!* This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers

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useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon. 4 marathon and half-marathon training programs Beginner plans and advice for your first race Half and full-course plans for experienced runners Rock 'n' Roll course tips, picks, and tricks

A training guide for beginners, first-time marathoners, and women runners counsels readers on how to build speed and distance while maximizing one's performance and building on defensive running skills, in an updated edition by a senior writer for Runner's World magazine. Original.

Shave minutes off your time using the latest in science-based training for serious runners. Advanced 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.

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"Now completely updated and revised--a new edition of the long-running marathon training guide that has helped more than half a million people reach their goals, including a new chapter on ultramarathons, along with material on recovery techniques, several new training programs, and advice on how to win a Boston qualifying race and improve your personal record"--

Recommended by "Runner's World" magazine as "the best training book" by "the world's greatest coach," "Daniels' Running Formula" provides an expert training and racing blueprint for dedicated runners of all abilities.

Details Jeff Galloway's walk/run training methods including the new "magic mile" time trial, fat-burning techniques, and adjustments in the weekly schedule to prevent injuries and improve performance.

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon 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

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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.

The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will

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show you where to focus your attention, when to progress, and how to keep it simple. A lifelong runner's groundbreaking guide to fighting depression and anxiety, one run at a time Everyone knows that running builds stronger muscles and a healthier heart. In *Running Is My Therapy*, longtime runner Scott Douglas shows how endurance running is also the best form of exercise to develop a healthier brain. A natural antidepressant, running reinforces the benefits of therapy and triggers lasting, positive physiological changes. In fact, some doctors now "prescribe" a running regimen as part of their first-line treatment plan for depression. Marshaling expert advice and a growing body of research, Douglas explains how we can all use running to improve mental health—and live happier.

Advanced Marathon Training Human Kinetics

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the *Wall Street Journal* and featured twice in six months in cover stories in *Runner's World* magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the "3 plus 2" program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as

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swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout. With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

With the latest in science-based training, Advanced Marathoning shows you how to race faster, train for multiple marathons, and surpass your goals. Find the latest information on training methods, schedules, and programs for a variety of distances. Guaranteed to take you to the next level, you will run your best marathon with this definitive book.

Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™,

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low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

In *Faster Road Racing: 5K to Half Marathon*, renowned running authority Pete Pfitzinger and *Running Times* senior writer Philip Latter present training plans for the most popular race distances as well as advice on recovery, cross-training, nutrition, tapering, and masters running.

“The best running book ever.” —Bob Anderson, founder of *Runner’s World* Whether you’re a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there’s a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in *Build Your Running Body*, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals,

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PLUS: • 393 photos that make it easy to follow every step of every workout • 10 training programs to help runners of all levels integrate the total-body plan into their daily routines • Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today • Race strategy for the crucial weeks leading up to the competition and through to the finish line • Exercises to prevent injury and rehabilitate common running ailments • Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics • Nutrition guidance on carbs, proteins, fats, and weight loss • More than 30 recipes to speed recovery and cement fitness gains • Beginners' guidelines every step of the way • Valuable tips on proper apparel, tracking your progress, and more!

Spend two hours with Pete Magill's Fast 5K and you'll know how to run your fastest 5K. In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K PR. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records. Fast 5K shares Magill's essential keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more. Offering three 12-week and one 16-week 5K training plans, Fast 5K is the key to your best 5K running times. Pete

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Magill is a world-class 5K runner, personally holds multiple American and world age-group records in track & field and road racing and is a 5-time USA Masters Cross Country Runner of the Year. Now in this distilled guide, you can get world-class advice on how to run your fastest 5K ever.

LOGLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD 2021
LOGLISTED FOR THE RSL ONDAATJE PRIZE 2021 'Inspiring' The Guardian
'Excellent' Runner's World 'Fascinating' Publishers Weekly 'Brilliant' Ed Vaizey 'Through reading this book you will come to understand that the heart and soul of running are to be found in Ethiopia.' Haile Gebrselassie 'Engaging, warm and humane... A delight' TLS 'Full of wonderful insights and lessons from a world where the ability to run is viewed as something almost mysterious and magical.' Adharanand Finn, author of Running with the Kenyans 'Ethiopia is a place where I have been told that energy is controlled by angels and demons and where witchdoctors can help you to acquire another runner's power. It is a place where an anonymous runner in the forest told me, miming an imaginary scoreboard and with a completely straight face, that he had dreamt that he would run 10km in 25 minutes. It is a place where they tell me that the air at Mount Entoto will transform me into a 2.08 marathon runner. It is a place, in short, of wisdom and magic, where dreaming is still very much alive.' Why does it make sense to Ethiopian runners to get up at 3am to run up and down a hill? Who would choose to train on almost impossibly steep and rocky terrain, in hyena territory? And how come

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Ethiopian men hold six of the top ten fastest marathon times ever? Michael Crawley spent fifteen months in Ethiopia training alongside (and sometimes a fair way behind) runners at all levels of the sport, from night watchmen hoping to change their lives to world class marathon runners, in order to answer these questions. Follow him into the forest as he attempts to keep up and get to the heart of their success.

With the Galloway program it's possible to be in the best shape of your life and have energy to enjoy family and career. The highly successful training schedules include all of the elements needed to qualify based on the Boston Marathon standards. Train using Galloway's successful Run Walk Run® Method to achieve maximum performance without risking injury. Galloway's magic mile gives a reality check on progress and sets realistic pacing goals for long runs and the race itself. With Galloway's training expertise, you will be ready to compete at your best on race day. This new edition includes up-to-date information on the Boston Marathon. Train efficiently with Galloway's Run Walk Run Method to reach your best time at the Boston Marathon.

Dawn Dais hated running. And it didn't like her much, either. Her fitness routine consisted of avoiding the stairs in her own house, because who really has the energy to climb stairs? It was with this exercise philosophy firmly in place that she set off to complete a marathon. The Nonrunner's Marathon Guide for Women is a fun training manual for women who don't believe that running is their biological destiny but who

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dream of crossing the finish line nonetheless. Dais's audiobook features a realistic training schedule and is chock-full of how-to's and funny observations, which she felt were lacking in the guides she had consulted. She also integrates entries from her journal, sharing everything would-be marathoners need to know about the gear, the blisters, the early morning workouts, the late-night carb binges, and most important of all, the amazing rewards. Anyone can do a marathon. This audiobook just makes the experience a little more bearable and a lot more fun.

Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster. Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels' Running Formula, you'll track the time you spend at each level, train more efficiently, and optimize results. Completely updated with new chapters on altitude training, seasonal programming, and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible, and instantly applicable edition to date. Customizable to your current fitness level, competition goals, and schedule, the

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formula is the ideal solution for any race, anywhere, anytime. Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels' Running Formula.

"This is a story you'll love and never forget."—Christopher McDougall, author, *Born to Run* and *Natural Born Heroes* Aside from her rock star looks, Catra Corbett is a standout in the running world on her accomplishments alone. Catra is the first American woman to run over one hundred miles or more on more than one hundred occasions and the first to run one hundred and two hundred miles in the Ohlone Wilderness, and she holds the fastest known double time for the 425-miles long John Muir Trail, completing it in twelve days, four hours, and fifty-seven minutes. And, unbelievably, she's also a former meth addict. After two years of addiction, Catra is busted while selling, and a night in jail is enough to set her straight. She gives up drugs and moves back home with her mother, abandoning her friends, her boyfriend, and the lifestyle that she came to depend on. Her only clean friend pushes her to train for a 10K with him, and surprisingly, she likes it—and decides to run her first marathon after that. In *Reborn on the Run*, the reader keeps pace with Catra as she runs through difficult terrain and extreme weather, is stalked by animals in the wilderness, and nearly dies on a training run but continues on, smashing running records and becoming one of the world's best ultrarunners. Along the way she attempts suicide, loses loved ones, falls in love, has her heartbroken, meets lifelong friends including her running partner and dachshund

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TruMan, and finally faces the past that led to her addiction.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

Run your first marathon or your fastest with Hansons Marathon Method, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project. In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests. Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage runners. Runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest final miles of the marathon--and finish strong. In this new second edition, the Hansons program welcomes newer runners with a new Just Finish program featuring a simple schedule of easier running and lower mileage. The Just Finish program sets up first-time marathoners for an enjoyable marathon and a lifetime of strong, healthy running. Hansons Marathon Method will prepare you for your best marathon: Sensible

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weekly mileage based on science, not outdated traditions Effective Hansons speed, strength, and tempo workouts paced to achieve your goal Crucial nutrition and hydration guidelines to run strong for the whole race A smart and simple Just Finish program for new runners and marathon first-timers Detailed training schedules for experienced and advanced marathoners This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the most effective recovery methods. Using the Hansons' innovative approach, you will mold real marathon muscles, train your body to avoid the wall, and finish strong. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the world. Using their innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon. "You might expect a training program devised by the Hanson brothers to be a little different than the usual rehashing of principles and schedules. Given the success of athletes from the Hansons-Brooks Distance Project, you wouldn't be surprised if it was effective, too." -- Runner's World

Have you ever wanted to run a 100km ultra marathon? And not just run it, but enjoy it and make it to the finish? But what will it take to improve your ultra running and achieve the results you want? The biggest challenge ultra runners face is not their lack of motivation or determination. The biggest challenge ultra runners face is their lack of preparation and training.

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Journey to 100 will teach you how to prepare and train for your next ultra marathon, including: How to successfully train as an ultra runner. How to implement specific ultra running principles. How the different elements of ultra running - training, pacing, nutrition, tapering, and more - apply to you. How to invest your training time well and get the best training results. How to have more fun on the trails. By the end of Journey to 100, you will have unlocked an unwavering belief in yourself, and will know at the start line that you will cross the finish line. Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

From the author of the bestseller Eat and Run, a thrilling new memoir about his grueling, exhilarating, and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the world's best known and most beloved ultrarunners. Renowned for his remarkable endurance and speed, accomplished on a vegan diet, he's finished first in

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nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge, one that would force him to grow as a person and as an athlete: breaking the speed record for the Appalachian Trail. North is the story of the 2,189-mile journey that nearly shattered him. When he set out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, every day, for almost seven weeks. He knew he would be pushing himself to the limit, that comfort and rest would be in short supply -- but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer. With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, North is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best.

Presents a half-marathon training program that offers plans for both beginner and advanced runners, stressing lower-mileage runs; speed, strength, and tempo workouts; and nutrition and hydration planning.

Offers training and nutrition guidelines for runners looking to overcome the metabolic and nutritional barriers, known as "the wall," and succeed at distance running.

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