

SECOND EDITION

# ADVANCED MARATHONING



**PETE PFITZINGER • SCOTT DOUGLAS**

FOREWORD BY RYAN HALL

Pete Pfitzinger

## Advanced Marathoning



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Shave mins off your time and effort using the latest in science-based training for serious runners. Advanced Marathonning offers all the information you need to train smarter, stay injury free, and arrive on the start line ready to operate the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathonning provides only the most effective methods of training. You'll figure out how to complement your operating workout routines with strength, core, versatility, and form schooling; and taper properly to reach peak performance. implement cutting-edge diet and hydration strategies and recovery techniques; If you're ready to achieve your personal greatest, this reserve is for you. With easy-to-understand day-by-time teaching schedules for 18- and 12-week planning for every week distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathonning is merely the most extensive and efficient approach to marathonning.



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Please Go through My Review - We am writing after third , books programs. I'd gotten a 3:13 last fall and wished to make sure I'd get the BQ within my next competition. I read it cautiously and digested every chapter.. Runners World will write content articles about how you must do speed work, long runs, fartleks, or core exercises, but leaves it to the reader to discover how to piece everything together. I'm now halfway through a 22 week program I put together out of this book. So, back to the drawing board, I signed up for a marathon five weeks later and implemented this book's "Multiple Marathonning" system for six weeks between races, being careful not to do it again my mistake. For my age group to be eligible for the Boston Marathon I have to be under 3 hours 10 minutes. I wanted programs that could push me further (safely) and make me work towards a PR of a sub-3 hour marathon in the next couple years. Thank you.fueling and hydrating, physiology, etc, but nothing you won't come across in a running blog or magazine, or literally every reserve with a marathon schooling plan. Do the drills. Do the stretches. Do the primary workouts. Do the strength training. I generally attempted to average 100-150 miles/month, with a long run every week roughly, building up to a peak before the race (for what it's value, the only strategy I'd really heard about was Higdon, which appears to be the "head to" plan and incredibly helpful for most). Sleep more than enough. Drink water. The programs are excellent for advanced runners The programs are great for advanced runners. I cannot thank the authors enough for providing a street map of achievement. The book works.. They all pretty much say a similar thing. I love how Pfitzingers plans were created due to the precise types of exercises and how those workouts were sequenced. The way things are timed are ideal to perhaps you have peaking on race day time. I purchased this book 8 weeks before my marathon. Two of my running mentors suggested this method, because they had both handled some very good breakthroughs using it.Despite this being among the worst running winters in recent period within the north, I stuck with this program from January to May, finding yourself within ten miles of the 18/55 program's total and with almost all the workout routines done as described. The taper in this program still keeps a pretty high intensity - Pfitzinger instructs us to keep carefully the intensity continuous and only cut back the kilometers - and with my nervous energy and enthusiasm about attempting to finally obtain my BQ I in fact ramped \*up\* the strength a little bit during the last fourteen days, which backfired - I got sick the night time before my goal race and bonked hard at mile 14 trying to push through anyhow. I ran the Los Angeles Marathon 2017 in 3:31:17.Pleased to say, We ran a 3:08:26 and got my time.Great reserve - definitely differentiated from the bulk of what's away there.Pfitzinger's programs are intense, and he attempts to hold us on the proper side of a fine line of working while hard as we can without crashing; The very best I've ever completed before was a 2:30 difference, and like Pfitzinger promises, this was the very first time I've spent the last 10K of a marathon continuously moving people. I dabbled a touch too close to the series but was able to use his system to regroup. I was falling well brief of my BQ period (my PR was 4:11, my BQ time was 3:30), therefore i determined to make a serious effort, and after reading some discussions online about which plan was best, decided that this publication was geared most closely toward my goal and "style. Progress from completing a marathon, to racing a marathon!" I think the statement that convinced me was something along the lines of "Higdon is geared toward getting you over the finish collection, this book is aimed toward a PR or BQ" or words to that effect. There are 70-85 mile plans and a good section on 100+ mile weeks and multi-marathonning in shorter intervals that are usually sane. But what I must say i wanted was a book on 'racing' a marathon. Personally i think I can go into my workouts strong, but you can certainly feel just a little residue from the previous days. After following Pfitzingers arrange for 24 weeks (that may

only be within the 1st edition, I own both) I brought my qualifying period down 24 minutes 42 seconds to 3:06:35 Boston Qualifying time at the 2017 California International Marathon. Follow the programs and Boston Q may happen! I wish I had browse this book a decade ago when I 1st started running. The programs are in fact 12 or 18 weeks, but I used the recovery section and the assistance presented in the publication to ramp-up my mileage just a little between my last marathon and my following one. The book and the included plans aren't for the faint of cardiovascular. The 'easiest' plan maxes at 55 miles weekly. I'm on the 55-70 mile plan and it's really tough! Those either wanting to full a marathon, or those operating less than 50 miles per week. The first portion of the book offers a great overview of the concepts and guidelines that forms the basis of the plans. I've read a whole lot of articles and books on running, but there were some great new lessons learned and understanding I acquired from the first component of this book. The next part are the plans. Even though you'll latch onto one that best acts your needs, I found it extremely educational to go through all of them and see how they differed within their construction. If you like physiology. The workouts and weeks are structured differently too. Great advice This book offers great insights. Specifically - how do you get as fast as my genetics (and age) will allow? This book took me to my "next level" of running. Results smart, I'm obtaining faster. This was this program that 1st got me under 3 hours and I held going down from there after I thought I was already going as fast as I was designed to proceed! And the book shows you how to achieve that without over-taxing your system and burning out. I've also noticed the importance of running my recovery workout routines easier so I'm prepared for another quality workout. It creates every day time interesting to have a theme or point to the workout - but I still enjoy the runs too - and that's kind of what it's about! A lot more to the idea, I ran an nearly perfectly even race - initial half 1:33:40 and second half 1:34:46 for a 1:06 difference. It isn't a flaw, just the standard guidelines and insights that every training plan leads with. An intelligent way to check out marathon or fifty percent marathon training. A straightforward and interesting examine. Scientific and informative. Does not cover a lot of form, but supplies the reader the knowledge of why folks are quick, and how to schedule and speed your runs working all the way up to the big day. This book absolutely helped me BQ I'd work 6 marathons without carrying out a plan, mostly simply running because I enjoyed it. Must have if you're training. Eat ideal. I expect to train for Boston using his 18-week 55-70 mile program. Having logged a couple of marathons under my belt, I came across a lot of applications and books out there were focused on the biggest crowd. This book includes a great overview of what will go into preparing for a marathon... Adhere to the program. The author is easy to read, but there is nothing groundbreaking here. Great. I stumbled upon this book due to the other reviews, and thought I'd echo the high ratings of this book. I followed the program to a t and qualified for Boston with a 3:09. This works but you have to be motivated and ready to function hard. And simply when you feel as if you need a recovery operate or time off, it's there. I just finished one of the marathon training programs and it was great but also demanding for a sophisticated runner that needed to be challenged with mileage and quickness. It worked for me personally I'd work four marathons previously few years and was seeking to get under 3:10, my age group's BQ standard. I was shocked how much my period dropped without actually running even more mileage than I prior was doing. I always experienced that if you would like to run distance faster, then you have to practice running distance fast. The plan has me directly on that razor edge of fatigue virtually all the time. I cannot wait to try the training schedules out. Essential read for all runners. It's not just the same strategy with different mileages each day. What I 1st noticed was how most of the recommendations in this reserve I had read about

before in Runner's World, but what was different is usually that the training programs were methodically pieced jointly to increase the athletes functionality on race day. Incidentally I also go through Fitzgerald's 80/20 Running, and Hansons Marathon Method. Fascinating read, especially the physiological aspect of teaching. I'm certainly on the slow aspect of the intended audience (3:21 PR), but I've transformed my workouts as a result of the guidance provided in the book. After four years of attempting, and hovering in the 3 hours 25 minute range, I finally certified for the Boston Marathon. This was the book that I'll always utilize for training and I have recommended it countless times to runners who are serious about marathon racing.



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