

Training Plan - Pete Pfitzinger - Marathon 70 Mi 18 Wk

| Week Of | Mon | Tue | Wed | Thu | Fri | Sat | Sun | TOTAL |
|---------|------|---------------------|---------------------|---------------------------|-------------------|--------------------|-------------------|---------|
| Jun 08 | Rest | 8 Mi w/ 10x100m | 11 Mi | 5 Mi | 9 Mi | 5 Mi | 15 Mi | 53 Mi |
| Jun 15 | Rest | 8 Mi w/ 10x100m | 12 Mi | 5 Mi | 9 Mi | 5 Mi | 17 Mi | 56 Mi |
| Jun 22 | Rest | 9 Mi w/ 4 Mi | 13 Mi | 5 Mi | 11 Mi | 5 Mi | 15 Mi | 58 Mi |
| Jun 29 | Rest | 9 Mi w/ 10x100m | 14 Mi | 5 Mi | 11 Mi | 5 Mi | 18 Mi | 62 Mi |
| Jul 06 | Rest | 9 Mi w/ 4 Mi | 14 Mi | 5 Mi | 12 Mi | 5 Mi | 20 Mi | 65 Mi |
| Jul 13 | Rest | 8 Mi w/ 10x100m | 12 Mi | 5 Mi | 11 Mi | 5 Mi | 14 Mi | 55 Mi |
| Jul 20 | Rest | 10 Mi w/ 5 Mi | 14 Mi | 5 Mi | 11 Mi | 8 Mi w/ 10x100m | 21 Mi | 69 Mi |
| Jul 27 | Rest | 4 Mi 6 Mi | 14 Mi | 5 Mi | 11 Mi w/ 6 Mi | 6 Mi | 20 Mi | 66 Mi |
| Aug 03 | Rest | 6 Mi 4 Mi | 15 Mi | 6 Mi | 13 Mi | 7 Mi w/ 6x100m | 15 Mi w/ 12 Mi | 66 Mi |
| Aug 10 | Rest | 10 Mi | 9 Mi w/ 6x600m | 6 Mi | 11 Mi | 8 Mi w/ 10x100m | 15 Mi | 59 Mi |
| Aug 17 | Rest | 4 Mi 6 Mi | 15 Mi | 6 Mi | 12 Mi w/ 7 Mi | 5 Mi | 22 Mi | 70 Mi |
| Aug 24 | Rest | 9 Mi w/ 5x600m | 14 Mi | 4 Mi 6 Mi w/ 6x100m | 5 Mi | 8-15K Race | 18 Mi | 68 Mi |
| Aug 31 | Rest | 11 Mi w/ 6x1000m | 15 Mi | 4 Mi 6 Mi | 12 Mi | 5 Mi | 17 Mi w/ 14 Mi | 70 Mi |
| Sep 07 | Rest | 9 Mi w/ 5x600m | 13 Mi | 6 Mi w/ 6x100m | 5 Mi | 8-15K Race | 18 Mi | 63 Mi |
| Sep 14 | Rest | 4 Mi 6 Mi | 11 Mi w/ 6x1200m | 14 Mi | 8 Mi w/ 6x100m | 5 Mi | 20 Mi | 68 Mi |
| Sep 21 | Rest | 7 Mi w/ 8x100m | 12 Mi | 6 Mi w/ 6x100m | 5 Mi | 8-10K Race | 17 Mi | 56 Mi |
| Sep 28 | Rest | 8 Mi w/ 8x100m | 5 Mi | 8 Mi w/ 3x1600m | 5 Mi | 7 Mi w/ 8x100m | 13 Mi | 46 Mi |
| Oct 05 | Rest | 5 Mi 4 Mi | 7 Mi w/ 2Mi | 5 Mi | 5 Mi w/ 6x100m | 4 Mi | Goal Marathon | 56.2 Mi |

Pfitzinger Marathon Training

Anthony S. Fauci



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Table of Contents Pfitzinger Marathon Training

1. Understanding the eBook Pfitzinger Marathon Training
 - The Rise of Digital Reading Pfitzinger Marathon Training
 - Advantages of eBooks Over Traditional Books
2. Identifying Pfitzinger Marathon Training
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pfitzinger Marathon Training
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pfitzinger Marathon Training
 - Personalized Recommendations
 - Pfitzinger Marathon Training User Reviews and Ratings
 - Pfitzinger Marathon Training and Bestseller Lists

5. Accessing Pfitzinger Marathon Training Free and Paid eBooks
 - Pfitzinger Marathon Training Public Domain eBooks
 - Pfitzinger Marathon Training eBook Subscription Services
 - Pfitzinger Marathon Training Budget-Friendly Options
6. Navigating Pfitzinger Marathon Training eBook Formats
 - ePub, PDF, MOBI, and More
 - Pfitzinger Marathon Training Compatibility with Devices
 - Pfitzinger Marathon Training Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pfitzinger Marathon Training
 - Highlighting and Note-Taking Pfitzinger Marathon Training
 - Interactive Elements Pfitzinger Marathon Training
8. Staying Engaged with Pfitzinger Marathon Training
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pfitzinger Marathon Training
9. Balancing eBooks and Physical Books Pfitzinger Marathon Training
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pfitzinger Marathon Training
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Pfitzinger Marathon Training
 - Setting Reading Goals Pfitzinger Marathon Training
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pfitzinger Marathon Training
 - Fact-Checking eBook Content of Pfitzinger Marathon Training
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

-
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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