

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

IM Harris



Pfiztinger Marathon Training:

Advanced Marathoning Pete Pfiztinger, Scott Douglas, 2019-07-25 *Advanced Marathoning Third Edition* has all the information competitive runners need to train smarter remain injury free and run their best marathon **Lore of Running**

Timothy Noakes, 2003 Dr Noakes explores the physiology of running all aspects of training and recognizing avoiding and treating injuries 133 illustrations *Faster Road Racing* Pete Pfiztinger, Philip Latter, 2014-11-24 Set PRs in the most popular race distances Renowned running authority coach and best selling author Pete Pfiztinger 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 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 Pfiztinger 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 **Running Times**, 2006-05 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview Running Times, 2007-07 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Running Times*, 2006-12 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Running Times*, 2007-06 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview Running Times, 2007-03 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times**, 2008-10 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Advanced Marathoning 2nd Edition**, Running Times, 2006-01 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times**, 2008-11 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Runner's World*, 2007 **Road Racing for Serious Runners** Pete Pfiztinger, Scott Douglas, 1999 The authors present a training and racing plan for competitive runners to excel in the full spectrum of road

racing distances telling how to individualize programs for 5K 8K 10K and 15K races 60 photos **Wege zur**
Marathonliteratur Jürgen Schiffer,2002 *Everything Running* Art Liberman,2002-04-01 A guide to running that explains
how to get started on a running program and provides information on proper nutrition choosing the right equipment
stretching cross training regulating water intake and other related topics **American Health** ,1989 **The New York**
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