

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

Yijin Wang



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Advanced Marathoning Pete Pfzinger, Scott Douglas, 2019-07-25 If you've set your sights on shaving minutes off your time it's time to ramp up your training with *Advanced Marathoning Third Edition*. Find the plan that works best for you from the detailed day by day training schedules by choosing between 18 and 12 week preparation and selecting weekly distances of 55 to 70 or 70 to 85 or 85 plus miles. If you run marathons close together you'll find 6 to 12 week training plans to maximize your training time and recovery. For older marathoners there is a full chapter dedicated to their unique training nutrition and recovery needs. Complement your running workouts with strength core and flexibility exercises to help keep injury at bay. Learn how current technologies such as GPS and online logs can help you analyze your training and performance and set goals for future races. Draw inspiration and insights from elite marathoners such as Galen Rupp Eliud Kipchoge and Molly Huddle. Implement cutting edge nutrition and hydration strategies and recovery techniques to feel and run your best. *Advanced Marathoning* gives ambitious marathoners the information needed to train smarter remain injury free and cross the next finish line stronger and faster than ever. [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 Pfzinger, Philip Latter, 2014-11-24 Set PRs in the most popular race distances. Renowned running authority coach and best selling author Pete Pfzinger 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 Pfzinger'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**, 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**, 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](#), 2007-03 *Running Times* magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and

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 Runner's World ,2007 *Road Racing for Serious Runners* Pete Pfitzinger,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 **The New York Times Biographical Service** ,1984 A compilation of current biographical information of general interest *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 Boost Your Brainpower Ellen Michaud,Russell Wild,1993-05 A Total program to strengthen and expand your most important resource **The Physician and Sportsmedicine** ,1989-07

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