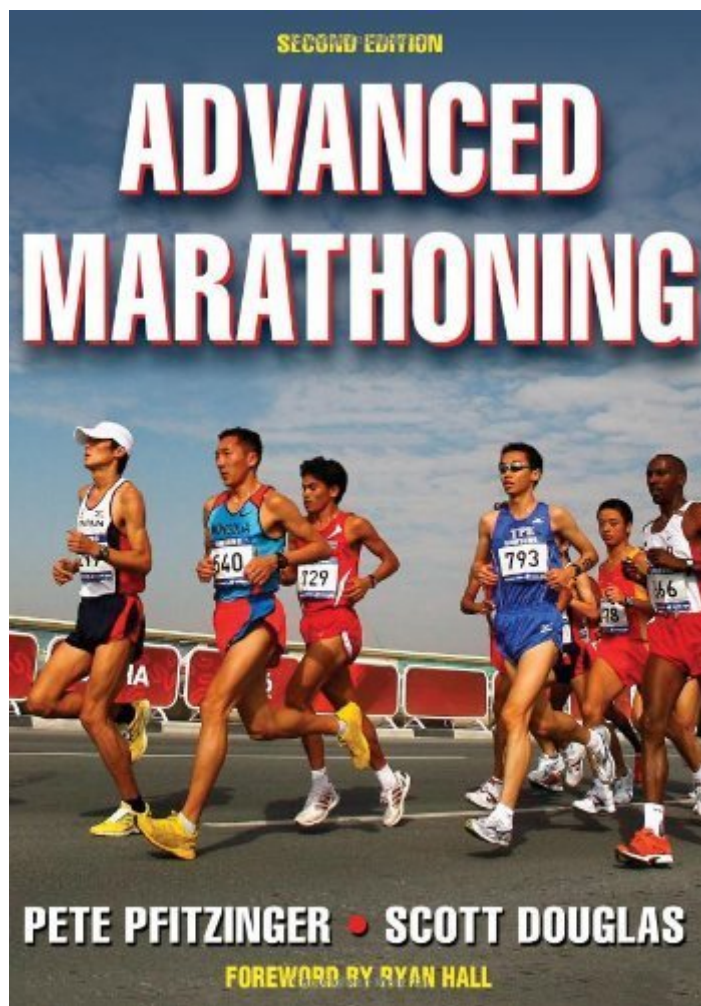The book was found

Advanced Marathoning – 2nd Edition

Synopsis

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. YouÃ¢ ¬â„¢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 youÃ¢ ¬â„¢re ready to achieve your personal best, this book is for you. "For anyone serious about running, Advanced Marathoning offers the latest information for optimizing performance. If you are preparing for a marathon, I highly recommend this book."Meb Keflezighi 2014 Boston Marathon Champion2009 ING New York City Marathon Champion2004 Olympic Marathon Silver Medalist

Book Information

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Customer Reviews

Lots of focus on long run and medium long run. You'll need to dedicate a day during the week days for a good 1 1/2 hour run plus a 2+ hour long run on the weekend.

There may be better training plans out there, but for someone beginning to learn, this book certainly explains the science and rationale for training for long distance races. A very good reference book, even if you learn other variations in specific training plans. I've been running about a year and a half, being very ignorant about marathon training for nearly half that time, but since reading this book and learning from other sources, I think I'll be ready to qualify for Boston (marathon) when I run the Austin Marathon in February. Considering my first 26.2 miles was 4:00:29, to run it under 3:30 (I'm 53 years old) one year later, will mean I must have learned something. This book taught me most of that.By the way, you don't have to be an advanced runner to learn from this book, as obviously, I was not. With time and experience, you can become an advanced marathoner. And I don't believe "advanced marathoner" means "elite marathoner". It just means knowing how to train for optimum performance and success with minimum risk of injury. I never realized how much you do need to learn to run the marathon well. Knowledge from "Advanced Marathoning", work ethic, and time will get you there.

Very impressed with this book. I'm an experienced marathon runner but run for finishes rather than time. Over the years of course, I have picked up many of the methods suggested in this text. What's great about this book however is you can get it all in one place as well as detail about why each workout is important. It helped me secure a PB even at a time I am busier and older than my peak marathon should have been. Knowing what is truly important helps you prioritize your training time and modify the schedules thoughtfully.One other perk I didn't realize until the end of my marathon cycle was they also have tables for what pace and time (for intervals) you should be running. Really takes out the guesswork. Complete training in one book!

This is a great book. Whether you are a marathoner or a long distance biker or just run a 5k or bike around the neighborhood, this book is a must read. Gives complete details on all the necessary fundamentals of building your energy/strength levels up to long duration fitness goals. Not only does it give you info on what to do, but also every bit of detail on why doing it and what you get out of it

and how. I ran my previous marathon at 4:32:04. That was following some free training schedule I found online. Read this book and followed the first (basic) training schedule (55miles a week max, 18 weeks) of many they provided in this book. Improved my time to 3:41:15. Yes, shaved about 51 minutes off my PR. Could not have done it without this book. Has a lot of nice tips, like, why a slow run is better than total rest. And it made perfect sense. If you are looking to run a marathon, or half marathon or even a 10k or a 5k, I strongly suggest reading this book.

Best resource I've found so far for marathoning. Pfitz breaks down each phase in training and every aspect of training on and off the road in an easily digestible way. His plans are very prescriptive and easy to follow(Though a bit inflexible).

I followed one of the plans in this book and felt very prepared for my first marathon. The plans are incredibly easy to follow and vary in difficulty to help competitive runners run a strong marathon. There were also some great tips to get yourself ready for race day. I think this book is best used for those who run competitively and have an understanding of training cycles. These people will be able to adjust the plans to achieve their goals while still being a contributor to society. I would definitely recommend this book.

I had never run more than 10 miles in my life (average workout: 3-6 miles, 10-12 miles/week), but after being a varsity runner in High School and previous sub-5 miler, I thought I knew how to run. This book has transformed my understanding of running. Advanced Marathoning treats you like a serious runner and teaches you everything an elite runner knows about marathoning. My new knowledge of the relationship between Performance and recovery/aerobic running, Lactate Threshold/VO2 Max running, Rest & Nutrition has transformed me. Listen to every word, because even the smallest details are profound. They are never wrong about any detail, from the physical to the mental. The stretching and core strengthening are vital, how to drink, how much to drink, when to sleep, when to eat; a completely remarkable and easy to follow program. I can't recommend it enough.

A fantastic overview of everything you need to know to run a great marathon. This is the first book I bought to really focus on marathoning, and it is still the one I return to the most frequently. I significantly PR'd (by 20 minutes) after reading it, going from just under a 4 hour marathon to a 3:35 marathon. I have it in both Kindle and hard copy.

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