

[PDF] Advanced Marathonning - 2nd Edition

Peter Pfitzinger, Scott Douglas - pdf download free book



Books Details:

Title: Advanced Marathonning - 2nd Ed
Author: Peter Pfitzinger, Scott Doug
Released: 2008-12-19
Language:
Pages: 264
ISBN: 0736074600
ISBN13: 978-0736074605
ASIN: 0736074600

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Description:

Review "Advanced Marathonning will be an invaluable tool to any runner wishing to apply world-class training methods to their program, regardless of what level they're competing at."

Alberto Salazar

Former marathon world record holder

Two-time U.S. Olympic team member

Former American-record holder, 5,000- and 10,000-meter runs

Nike sports marketing consultant

--This text refers to an out of print or unavailable edition of this title.

Review

"After retiring from competition as an elite middle-distance runner, I decided to try marathons. All of my training has been based on what I learned in Advanced Marathonning, and I haven't been disappointed. Read this book, stick to the program, follow their advice, and I guarantee that you will be ready to run a great marathon."

Steve Holman

1992 U.S. Olympic track and field team member (1,500 meters)

Ranked fourth in the world in 1995 and fifth in 1994

"For anyone serious about running, Advanced Marathonning offers the latest information for optimizing performance. If you are preparing for a marathon, I highly recommend this book."

Meb Keflezighi

2004 Olympic Marathon Silver Medalist

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(function(a){a._uec=function(d){var h=window,b=h.performance,f=b?b.navigation.type:0;if(f==0){var e=""; expires="+new Date(+new Date+604800000).toGMTString(),c="+new Date-ue_t0;if(c>0){var g="|"+ +new Date;document.cookie="csm-hit="+ (d/c).toFixed(2)+g+e+"; path=/"}}})(ue_csm); _uec(241796);
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