



Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan

Scotts Jason

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Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan reveals the methods used to turn runners into race winners. This book introduces method which will gradually build up the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. In addition, detailed nutrition and hydration chapters also help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. This approach to pacing and nutrition means marathoners will never hit the wall. Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan lays out the smartest marathon training program week by week to mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon ever.

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