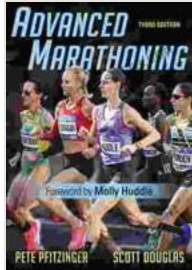


# Advanced Marathoning: A Comprehensive Guide for Experienced Marathoners by Pete Pfitzinger



## Advanced Marathoning by Pete Pfitzinger

★★★★☆ 4.7 out of 5

Language	: English
File size	: 62393 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Print length	: 293 pages



Advanced Marathoning is a comprehensive training guide written by renowned running coach Pete Pfitzinger. The book is designed for experienced marathoners who are looking to improve their performance and achieve their running goals. Pfitzinger provides detailed training plans, nutrition advice, and mental strategies to help runners reach their full potential on race day.

## Training Plans

The book includes a variety of training plans to accommodate runners of all levels. The plans are divided into three phases: base building, marathon-specific training, and a pre-race taper. Pfitzinger provides detailed instructions for each phase, including the recommended mileage, intensity,

and type of workouts. He also offers tips on how to adjust the plans to fit individual needs.

## **Nutrition**

Proper nutrition is essential for marathon training. Pfitzinger provides a comprehensive guide to eating for endurance athletes. He covers the basics of macronutrients, hydration, and meal planning. He also offers specific advice on what to eat before, during, and after runs.

## **Mental Strategies**

Mental toughness is just as important as physical fitness for marathoners. Pfitzinger provides a variety of mental strategies to help runners overcome challenges and stay motivated throughout their training. He covers topics such as goal setting, visualization, and positive self-talk. He also offers tips on how to deal with setbacks and injuries.

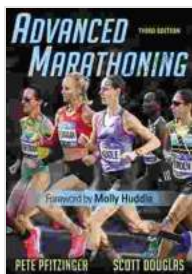
## **Reviews**

Advanced Marathoning has received rave reviews from runners and coaches alike. Many runners have praised the book for its detailed training plans and practical advice. Coaches have also praised the book for its comprehensive approach to marathon training.

Advanced Marathoning is an essential resource for experienced marathoners who are looking to improve their performance. The book provides detailed training plans, nutrition advice, and mental strategies to help runners reach their full potential on race day. Pfitzinger's expert

guidance and years of experience make this book a valuable tool for any runner who is serious about achieving their running goals.

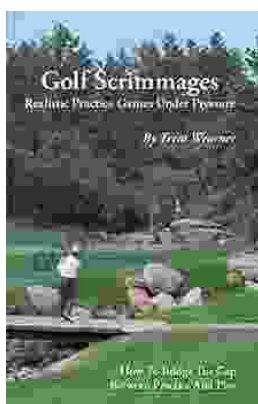
**Image alt attribute:** Pete Pfitzinger, author of Advanced Marathoning



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