

# four week marathon training plan

**four week marathon training plan** offers a condensed yet effective approach for runners aiming to prepare for a marathon in a limited amount of time. This accelerated training schedule focuses on maximizing endurance, improving speed, and enhancing recovery within just four weeks. While traditional marathon training programs often span several months, a well-structured four week marathon training plan can be ideal for those with prior running experience, time constraints, or who seek a focused training burst. This article explores the essential components of such a plan, including weekly mileage progression, key workouts, nutrition tips, and injury prevention strategies. Understanding how to balance intensity with rest is crucial to successfully completing a marathon following this brief training period. The following sections will provide a detailed overview and practical guidance for implementing a four week marathon training plan effectively.

- Understanding the Four Week Marathon Training Plan
- Weekly Training Breakdown
- Key Workouts and Their Importance
- Nutrition and Hydration Strategies
- Injury Prevention and Recovery

## Understanding the Four Week Marathon Training Plan

A four week marathon training plan is designed to efficiently prepare runners for the demands of a marathon distance in a condensed timeframe. Unlike traditional plans that span 12 to 20 weeks, this accelerated schedule requires careful planning to ensure adequate endurance building, speed development, and recovery. This type of plan is best suited for intermediate to advanced runners who already have a solid running base, typically running at least 15 to 20 miles per week prior to starting.

The primary goal of a four week marathon training plan is to optimize running performance by focusing on quality workouts, strategic mileage increases, and proper rest periods. It balances long runs, tempo workouts, interval training, and easy recovery runs to develop cardiovascular endurance and muscular strength. Additionally, the plan emphasizes cross-training and flexibility exercises to support overall fitness and reduce the risk of injury.

Runners adopting this plan should be mindful of their current fitness level and any previous injuries. The condensed nature of the training demands high commitment and consistency to avoid burnout or overtraining. Proper pacing and listening to the body's signals are critical components for success.

## Weekly Training Breakdown

The structure of the four week marathon training plan is carefully segmented into progressive weekly schedules that gradually build endurance and speed while allowing for recovery. Each week includes a mix of easy runs, long runs, speed work, and rest days to optimize adaptation.

### Week 1: Establishing the Base

The first week focuses on setting a solid foundation by incorporating moderate mileage and introducing speed sessions. This week helps the body adapt to increased workload while beginning to develop aerobic capacity.

- Monday: Rest or cross-training (e.g., swimming or cycling)
- Tuesday: Easy run, 3-5 miles at conversational pace
- Wednesday: Interval workout, such as 4 x 800 meters at 5K pace with recovery jogs
- Thursday: Easy run, 3 miles
- Friday: Rest or yoga for flexibility
- Saturday: Long run, 8-10 miles at a steady pace
- Sunday: Recovery run, 2-3 miles

### Week 2: Increasing Intensity

During the second week, mileage and workout intensity increase to push endurance and speed capabilities. The long run extends in distance, and tempo runs are introduced to enhance lactate threshold.

- Monday: Rest or cross-training
- Tuesday: Tempo run, 4 miles at marathon pace

- Wednesday: Easy recovery run, 3 miles
- Thursday: Interval training, such as 5 x 600 meters at 5K pace
- Friday: Rest
- Saturday: Long run, 12-14 miles at steady pace
- Sunday: Recovery run, 3 miles

## **Week 3: Peak Training Week**

This week represents the peak of the training plan with the highest mileage and most demanding workouts. It aims to maximize aerobic capacity and race-specific endurance.

- Monday: Rest or gentle cross-training
- Tuesday: Interval workout, 6 x 800 meters at 5K pace
- Wednesday: Easy run, 4 miles
- Thursday: Tempo run, 5 miles at marathon pace
- Friday: Rest
- Saturday: Long run, 16-18 miles at goal marathon pace or slightly slower
- Sunday: Recovery run, 3-4 miles

## **Week 4: Taper and Recovery**

The final week focuses on tapering, allowing the body to recover and consolidate fitness gains in preparation for race day. Mileage decreases significantly, and intensity is reduced.

- Monday: Rest
- Tuesday: Easy run, 3 miles

- Wednesday: Short tempo run, 3 miles
- Thursday: Easy run, 2 miles
- Friday: Rest
- Saturday: Short run, 3 miles
- Sunday: Rest before marathon day

## Key Workouts and Their Importance

In a four week marathon training plan, certain workouts play a critical role in preparing the body for the marathon distance. Understanding their purpose helps runners focus on quality rather than quantity.

### Long Runs

Long runs build endurance by conditioning the cardiovascular system and musculoskeletal structure to handle extended periods of running. Gradually increasing the long run distance over the weeks enhances stamina and mental toughness.

### Tempo Runs

Tempo runs improve lactate threshold, enabling runners to maintain a faster pace for longer without fatigue. These runs are performed at a "comfortably hard" pace, typically close to marathon race pace.

### Interval Training

Speed workouts such as interval training boost VO2 max and running economy. Repeated short bursts at higher intensity improve overall speed and efficiency, which translates to better marathon performance.

### Recovery Runs

Recovery runs are low-intensity sessions that promote blood flow and muscle repair without adding significant fatigue. These runs help maintain mileage while allowing the body to recuperate.

# Nutrition and Hydration Strategies

Proper nutrition and hydration are fundamental components of a successful four week marathon training plan. They support energy demands, promote recovery, and optimize performance on race day.

## Carbohydrate Intake

Carbohydrates serve as the primary fuel source during running. Increasing carbohydrate consumption in the days leading up to long runs and the marathon helps maximize glycogen stores in muscles and liver.

## Protein for Recovery

Adequate protein intake assists muscle repair and adaptation following intense workouts. Including lean protein sources such as poultry, fish, legumes, and dairy is recommended throughout the training period.

## Hydration Guidelines

Maintaining proper hydration before, during, and after runs is crucial to prevent dehydration and maintain performance. Runners should aim to drink water regularly and consider electrolyte-enhanced beverages during longer sessions.

## Race Day Nutrition

Practicing race day nutrition strategies during long runs ensures the gastrointestinal system adapts to fueling protocols. This includes timing carbohydrate gels, drinks, and water intake to maintain energy levels throughout the marathon.

## Injury Prevention and Recovery

Given the condensed nature of a four week marathon training plan, injury prevention and recovery strategies are essential to sustain training intensity and avoid setbacks.

## Warm-Up and Cool-Down

Implementing proper warm-up routines before workouts prepares muscles and joints for activity, while cool-downs facilitate gradual recovery and reduce muscle stiffness.

## **Strength and Flexibility Training**

Incorporating strength exercises targeting the core, hips, and legs improves running form and resilience to injury. Flexibility routines such as stretching or yoga enhance muscle elasticity and joint mobility.

## **Listening to the Body**

Monitoring signs of overtraining, such as persistent fatigue, soreness, or decreased performance, allows timely adjustments to training load. Rest days and active recovery are vital to maintaining overall health.

## **Use of Foam Rolling and Massage**

Self-myofascial release techniques, including foam rolling, help alleviate muscle tightness and promote circulation. Regular massage therapy can also support recovery and injury prevention.

## **Frequently Asked Questions**

### **What is a four week marathon training plan?**

A four week marathon training plan is an accelerated workout schedule designed to prepare runners for a marathon in just four weeks, focusing on building endurance, speed, and recovery within a short timeframe.

### **Is it possible to prepare for a marathon in four weeks?**

While it is challenging and not ideal for beginners, experienced runners with a solid fitness base can prepare for a marathon in four weeks by following an intensive training plan that emphasizes key workouts and proper recovery.

### **What are the key components of a four week marathon training plan?**

Key components include long runs to build endurance, speed workouts to improve pace, easy recovery runs, cross-training for overall fitness, and rest days to prevent injury.

### **How many days per week should I train in a four week marathon plan?**

Typically, a four week marathon training plan involves 5 to 6 days of training per week, balancing hard workouts with easy runs and rest days to maximize performance and reduce injury risk.

## Can beginners follow a four week marathon training plan?

Beginners are generally advised to allow more time for marathon training, but if necessary, they should consult a coach and focus on maintaining a manageable pace, prioritizing injury prevention and gradual mileage increases.

## What nutrition tips should I follow during a four week marathon training plan?

Focus on a balanced diet rich in carbohydrates for energy, adequate protein for muscle repair, hydration, and timing meals to fuel workouts and enhance recovery during the intense four week training period.

## How important is rest and recovery in a four week marathon training plan?

Rest and recovery are crucial in a four week marathon training plan to allow muscles to repair, prevent overtraining, and reduce injury risk, ensuring optimal performance on race day.

## Additional Resources

### 1. *Four Weeks to Marathon: The Ultimate Beginner's Guide*

This book offers a comprehensive four-week training plan designed specifically for beginners aiming to complete their first marathon. It includes daily workouts, nutrition advice, and tips on injury prevention. The author breaks down complex training concepts into easy-to-follow steps, making marathon running accessible for everyone.

### 2. *Fast Track Marathon: A 28-Day Training Blueprint*

Focused on runners with limited time, this book presents a condensed yet effective marathon training plan spanning four weeks. It emphasizes speed work, endurance building, and recovery strategies to help runners improve their times quickly. The plan is suitable for those who have some running experience and want to optimize their performance in a short period.

### 3. *Marathon in Four Weeks: From Couch to 26.2*

Ideal for novice runners, this guide takes you from minimal fitness to marathon-ready in just four weeks. It combines running schedules with motivational techniques and practical advice on gear and race-day preparation. The book encourages a balanced approach to training, ensuring runners build stamina safely and confidently.

### 4. *Quick Prep Marathon Training: 28 Days to Race Day*

This book is tailored for busy individuals who want to fit marathon training into a tight schedule. It offers a structured plan that balances running workouts with cross-training and rest days. Readers will find useful

tips on managing time, avoiding burnout, and maintaining motivation throughout the intense four-week period.

#### *5. Four-Week Marathon Mastery: Speed, Strength, and Stamina*

Designed for intermediate runners, this book focuses on enhancing key aspects of marathon performance within a month. It includes detailed workouts targeting speed, strength, and endurance, along with guidance on nutrition and mental preparation. The author emphasizes a holistic training approach to help runners achieve personal bests.

#### *6. Marathon Ready in 28 Days: A Runner's Quick Guide*

This practical guide provides a concise four-week training schedule suitable for runners who already have a fitness base. It combines running drills, tempo runs, and long-distance sessions to build endurance efficiently. The book also covers essential topics like hydration, injury prevention, and race strategy.

#### *7. The Four-Week Marathon Challenge*

This motivational book challenges runners to commit to an intensive month-long training plan to prepare for a marathon. It includes daily workout plans, inspirational stories, and advice on overcoming common obstacles. The author encourages readers to push their limits while listening to their bodies to avoid injury.

#### *8. Marathon in a Month: A 4-Week Training Journey*

This book narrates a step-by-step training journey over four weeks, blending practical guidance with personal anecdotes from experienced marathoners. It is suitable for runners looking for a structured yet relatable training experience. The book provides tips on pacing, nutrition, and mental toughness to help readers stay on track.

#### *9. Express Marathon Training: 28 Days to Finish Line*

This guide is focused on helping runners complete a marathon with a condensed and efficient training plan. It emphasizes smart training, including interval runs, cross-training, and recovery techniques. The author provides advice on managing energy levels and maintaining motivation throughout the four-week program.

## **Four Week Marathon Training Plan**

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weight-loss training plans. You will devote 4 to 8 weeks to starting a weight loss of 5, 10, or 20+ pounds. Lose weight quickly by following a schedule of high-intensity workouts and strength training as well as a menu of calorie-restricted, high-protein meals and snacks. Low-volume and high-volume plans make it possible for cyclists, runners, and triathletes with a wide range of experience to maintain their training levels. Replace fat with muscle while keeping your appetite in check. Once you've hit your quick start weight-loss goals, you will continue dropping unwanted pounds using the proven strategies of the Racing Weight program. Zero in on your racing weight through improved diet quality, balanced macronutrient levels, proper timing of meals and snacks, appetite management, and training for lean body composition. The Racing Weight Quick Start Guide will accelerate your season goals so you'll be racing leaner and faster than ever before.

**four week marathon training plan: *Running a Marathon For Dummies*** Jason Karp, 2012-11-13 Get ready to run the race of your life Marathons in the U.S. have seen record increases in participation during the past few years. *Running a Marathon For Dummies* helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level. *Running a Marathon For Dummies* gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, *Running a Marathon For Dummies* offers tips and advice for how to continue improving performance through drills, exercises, and other techniques. Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood Gives you drills, exercises, and techniques to improve your endurance Whether you're a couch potato or a regularly hit the asphalt, *Running a Marathon For Dummies* gives you everything you need to run the race of your life.

**four week marathon training plan: *Daniels' Running Formula*** Jack Daniels, 2022 In the fourth edition of *Daniels' Running Formula*, legendary running coach Jack Daniels has refined his revolutionary VDOT system, providing more precise training pace plans and expanding coverage of ultradistance training, triathlon preparation, and training in challenging environments.

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**four week marathon training plan: *Case-Based Reasoning Research and Development*** Ian Watson, Rosina Weber, 2020-10-03 This book constitutes the refereed proceedings of the 28th International Conference on Case-Based Reasoning Research and Development, ICCBR 2020, held in Salamanca, Spain\*, in June 2020. The 20 full papers and 2 short papers presented in this book were carefully reviewed and selected from 64 submissions. The theme of ICCBR 2020, "CBR Across Bridges" was highlighted by several activities. These papers, which are included in the proceedings, address many themes related to the theory and application of case-based reasoning and its future direction. \*The conference was held virtually due to the COVID-19 pandemic.

**four week marathon training plan: *Maximising Performance in Hot Environments*** Christopher J. Tyler, 2019-03-04 Ensuring high levels of performance and safety in hot climates is a key consideration for sport scientists and coaches. *Maximising Performance in Hot Environments* is the first book with a project-based approach to focus solely on exercise in this common climatic condition, providing students and coaches with a clear and concise introduction to working with athletes in the heat. Rigorous in its physiological underpinnings, the book adopts a problem-based learning approach, encouraging students to engage with the science and apply it to practical, real-world scenarios. Posing questions such as how should athletes be monitored in high temperatures, what are the ideal conditions for setting a world record in a 10,000m race, and what special considerations should be made when working with masters athletes, the book covers all key topics, including: The basics of human thermoregulation The effect of high temperatures on

performance Heat acclimation and acclimatisation Cooling Hydration Preventing heat-related illness and injury Offering pedagogical features throughout to further enhance student learning, this is a truly innovative and unique resource. It is crucial reading for any student taking classes in environmental physiology, important applied reading for any exercise physiology students, and a vital companion for any sport scientist or coach working with athletes in high temperatures.

**four week marathon training plan: Getting Real About Running** Gordon Bakoulis, 2007-12-18 RUN FOR YOUR LIFE In more than twenty years as a runner and a coach, top marathoner Gordon Bakoulis has tackled almost every problem a runner can face. Now in her accessible, inspiring new book, Bakoulis becomes your personal coach and mentor, preparing you to meet the exhilarating challenges of running. She discusses everything a runner must know, including: SETTING UP A PROGRAM: Three-month, six-month, and one-year training cycles; the importance of rest and downtime. CHOOSING EQUIPMENT: Foot types and finding shoes that meet your unique biomedical needs; the latest apparel for hot-and-cold-weather running. COMMON INJURIES AND HOW TO AVOID THEM: Runner's knee, heel spurs, shin splints; the benefits of stretches, massage, and yoga. FUELING YOUR BODY: Diets for different lifestyles and fitness levels; easy, nutritious recipes. THE SCIENCE OF RUNNING: the 'hard-easy' approach to training. RUNNING WITH (AND FOR) YOUR HEAD: How running can make you feel more sane and alive, with mantras used by champions. CHILDREN WHO RUN: An illustrated discussion of the special concerns of runners from 6 to 18. RUNNING AND AGING: Advice for runners over 50, with profiles of senior runners. PLUS?Pace charts, mile/kilometer conversion, and running resources and organizations. Getting Real About Running gets down to the real nitty-gritty of this most satisfying of sports. Here's a book that's worth its weight in gold medals!

**four week marathon training plan: Runner's World** , 2006-01 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

**four week marathon training plan: Running for Women 101** HowExpert, Jenni Jacobsen, 2018-03-06 "Running for Women 101" is a complete handbook for women who run. It provides an overview of the unique aspects of women's running and contains research-backed training advice for races of all distances. This how-to guide will teach women how to reach all of their running goals, and it touches on the following topics: • The History of Women's Involvement in Running • Challenges and Benefits of Running for Women • Training for a 5K by Building Speed and Endurance • Increasing Distance to Run a 10K • Mastering the Half Marathon • Committing to Training for a Full Marathon • Optimizing Performance with Nutrition, Sleep, and Weight Training • Running Amidst Life's Challenges Intermediate-level female runners who have been consistently running at least three days per week will find this book to be useful in their training. It includes specific training advice for 5k, 10k, half marathon, and marathon races and provides concrete examples of workouts that are beneficial for women who are training for races of each distance. The book also contains support from groundbreaking scientific studies that have proven the effectiveness of various training methods, so you can be sure the recommendations in this book are based on sound evidence. About the Expert: Jennifer Jacobsen is a wife and mother living in a small town in Northcentral Ohio, and she also happens to be a runner. She works fulltime for a public school but maintains a strong interest in running and physical fitness. She competes in local races throughout Ohio, and while she will run just about any distance, she specializes in the half marathon. Jennifer has won dozens of awards for being the top female finisher in local races, and she manages to keep up with her training while also balancing the demands of being a wife, mother, and professional. She has a passion for health and enjoys sharing her knowledge to help other women live up to their potential. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

**four week marathon training plan: 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.

**four week marathon training plan: Psychology Behind Habits** Brook Serenity, AI, 2025-03-15

Psychology Behind Habits explores the science of habit formation, offering a practical guide to building positive routines and breaking negative ones. It delves into the psychological mechanisms that drive our daily behaviors, emphasizing that habits aren't simply mindless actions but complex patterns governed by specific neurological rules. Readers will discover how understanding the habit loop—cue, routine, and reward—can unlock the power to design intentional habits. The book highlights the importance of personalized habit design, moving beyond a one-size-fits-all approach to consider individual needs and goals. It also examines cognitive biases that influence habit development and provides strategies for maintaining motivation. Drawing on decades of research in behavioral psychology and neuroscience, Psychology Behind Habits presents empirical evidence and real-life examples in an accessible style. The book progresses systematically, beginning with the fundamental concepts of habit formation. It then explores the psychological principles and provides practical techniques for behavioral change. Readers will learn how to apply goal setting, implementation intentions, and environmental design to engineer effective habits. This comprehensive approach connects to diverse fields, including behavioral economics and health psychology, enriching the understanding of habit principles across various domains.

**four week marathon training plan: The Complete Book of Men's Health** Men's Health Books, 2000-08-22 Provides information on health-related topics, exercise, diet, and personal grooming

**four week marathon training plan: Mastering Running** Cathy Utzschneider, 2014-06-25 Mastering Running, regardless of your age, optimal performance and new personal bests await. Cathy Utzschneider, highly accomplished and renowned masters runner and coach, has created the definitive guide for runners, athletes, and fitness buffs. Runners from 30 to 100 will benefit from the targeted approach that covers these aspects: • Evaluating and refining running form to improve speed and endurance • Exercises, stretches, and routines to prevent common age-related injuries • Training programs for the mile, 5K, 10K, half marathon, and full marathon • Proven strategies, used by today's top runners, that shave seconds off your time Mastering Running contains all the advice and instruction you'd expect from an elite-level coach. With details on segmenting, front running, tapering, recovering, and fueling, Mastering Running is the one guide you'll rely on time and again for a lifetime of serious running.

**four week marathon training plan: Daniels' Running Formula-3rd Edition** Jack Daniels, 2013-12-31 Get in the best shape of your running career! Daniels provides a results-proven formula to guide you through training at the right intensity to run stronger, longer, and faster. Each program incorporates training intensities to help you build endurance, strength, and speed.

**four week marathon training plan: Marathon and Half-Marathon** Marnie Caron, SportMedBC, 2009-07-01 Over 20 million Americans run recreationally, but doing it right is more than a matter of buying an expensive pair of shoes and heading for the track. Building on the popularity of The Beginning Runner's Handbook, this practical, easy-to-use guide provides a step-by-step program for running a half or full marathon for the first time. It shows readers how to get motivated and set realistic goals, choose the proper shoes, eat right, build strength and endurance, and avoid sore muscles and injury. The book includes tips from elite runners on such subjects as staying motivated when the weather is extreme, running technique, running with a dog, and running partners. Finally, the book describes strategies for the race, what to expect on race day, and the psychological effects of finishing a half or full marathon. Most importantly, it includes a full training program designed to ensure that that crucial first race is a winner.

**four week marathon training plan: Hal Higdon's Half Marathon Training** Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

**four week marathon training plan: The Athlete in You** Kinita Kadakia Patel, 2016-11-07 What good is a great-looking Ferrari that cannot race? What good is a smartphone with low battery life? What good are great-looking sports shoes that cannot last a marathon? These are just

good-looking objects with low or zero performance. The same goes for our body. A diet plan may help you lose weight; a gym routine may help you with a great-looking physique—but that does not necessarily translate into a stronger, healthier you. In fact, you may not even need the gym; you can pick a sport you enjoy, even something as simple as running. Take charge of your health and achieve your fitness goals in a way that improves not just the way you look, but also your performance and quality of life—just like an athlete! This book will help you eat, exercise, think, look and most importantly, perform like an athlete. There is an athlete in all of us, and it is time to bring that athlete out.

**four week marathon training plan: 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.

**four week marathon training plan: Overthinking the Marathon** Ray Charbonneau, 2013 Overthinking the Marathon is an intimate look at one man's preparation for his 21st marathon. Reading Overthinking the Marathon is like having Ray as your partner for a season of training, 17 weeks that culminate in the 2012 Cape Cod Marathon. Some days Ray talks about the nitty-gritty details, other days, it's about the things that make running interesting and fun, even - no, especially - when it hurts. Training for his marathon is important to Ray, but he leavens his obsessiveness with a dry humor that acknowledges that one mid-packer's race isn't going to change the world. Ray Charbonneau insists he hasn't written a marathon guide, and he's right. Instead, he's loaning himself out as a thoughtful, veteran, and funny training partner. You couldn't find a better one as you get ready for your next 26.2-miler. -Amby Burfoot, 1968 Boston Marathon winner and Editor-At-Large, Runner's World Marathon running is the easy part. It's the thinking that's the challenging part for the long-distance runner. Ray shares his internal dialogue with us as he readies himself for one more attempt at 26.2. -Dave Goodrich, the Marathon Maine-iac (Marathon Maniac #238) Ray is the opposite of me: he's speedy, understands math, and cares about the weather. I have instructed his cat to keep him awake until he agrees to pace me. -Vanessa Rodriguez, author of The Summit Seeker: Memoirs of a Trail Running Nomad

**four week marathon training plan: Running** Alex Reid, Garry Palmer, 2009-09-01 Elite Performance: Running is the second in a new series of Elite Performance titles aimed at aspiring recreational athletes who typically train and compete at club level and above. The increased use of lab-based sports testing in recent years has considerably raised awareness of the impact of sports science on training and performance, and many coaches, trainers and athletes are looking for more information and guidance on how to apply this knowledge to their own training. This approach is at the heart of the Elite Performance: Running, which includes structuring a training programme, how and when to use different levels of training, the importance of rest and recovery, goal-setting, physiological assessment, principles of heart rate training, and detailed sections on injury prevention/treatment and nutrition. There is also a section on race day preparations and planning. With a practical full-colour design and packed with stunning colour photography, Elite Performance: Running is an indispensable companion for the middle- and long-distance runner, giving them all the information and tools to gain a competitive edge and stay fit.

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