

# 20 WEEK ADVANCED MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
2	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 11 miles
3	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 9 miles
4	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
5	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 13 miles
6	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
7	Easy Run 3 miles	Intervals 4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 15 miles
8	Easy Run 3 miles	Intervals 4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 16 miles
9	Easy Run 3 miles	Intervals 5 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
10	Easy Run 3 miles	Intervals 5 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 17 miles
11	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 18 miles
12	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
13	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
14	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
15	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
16	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
17	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
18	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
19	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Easy Run 3 miles & 45 mins	Easier Run 4 miles	Rest Day	Long Run 8 miles
20	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Strength Easy Run 3 miles	Rest Day	Easy Run 2 miles	Marathon

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# Marathon Training

**Yijin Wang**



## **Marathon Training:**

The Top Books of the Year Marathon Training The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. Marathon Training : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Marathon Training : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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## **Table of Contents Marathon Training**

1. Understanding the eBook Marathon Training
  - The Rise of Digital Reading Marathon Training
  - Advantages of eBooks Over Traditional Books
2. Identifying Marathon Training
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Marathon Training
  - User-Friendly Interface
4. Exploring eBook Recommendations from Marathon Training
  - Personalized Recommendations
  - Marathon Training User Reviews and Ratings
  - Marathon Training and Bestseller Lists
5. Accessing Marathon Training Free and Paid eBooks
  - Marathon Training Public Domain eBooks
  - Marathon Training eBook Subscription Services
  - Marathon Training Budget-Friendly Options
6. Navigating Marathon Training eBook Formats
  - ePub, PDF, MOBI, and More
  - Marathon Training Compatibility with Devices
  - Marathon Training Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Marathon Training
  - Highlighting and Note-Taking Marathon Training
  - Interactive Elements Marathon Training
8. Staying Engaged with Marathon Training

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Marathon Training
- 9. Balancing eBooks and Physical Books Marathon Training
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Marathon Training
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Marathon Training
  - Setting Reading Goals Marathon Training
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Marathon Training
  - Fact-Checking eBook Content of Marathon Training
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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