

# 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 HANDBOOK**

# Marathon Training For Dummies

**Daisy Edzel**



## **Marathon Training For Dummiesr:**

Marathon Training For Dummies Tere Stouffer Drenth, 2011-05-04 In today's modern world there's no need for anyone to run twenty five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B.C. However hundreds of runners each year run 26.2 miles at hundreds of marathons worldwide. To conquer this mountainous challenge you must know how to properly eat, stretch, identify and treat injuries and develop a running program that hones your mind and body into a running machine. *Marathon Training For Dummies* is for everyone who has always thought about running a marathon or half marathon 13.1 miles and for seasoned runners who want to tackle the challenge safely and successfully. This quick read reference helps all runners: Add strength and speed, Weight train, Improve your technique, Eat to maximize endurance, Treat injuries, Choose your races. In just four to six months of dedicated training any runner can be fully prepared to tackle a marathon. Map out an exercise program, choose shoes and plan the race strategy that will get you across the finish line. *Marathon Training For Dummies* also covers the following topics and more: How far, how fast, Blazing the best trail, Stretching methods, Doing LSD (Long Slow Distance), Tempo run training, The last 24 hours, The best tune up races in North America, The week after the marathon. With several hundred thousand people finishing marathons each year you'll meet plenty of interesting people running along with you. There are numerous rewards for conquering the mental and physical challenges of a marathon and this fun and friendly guide is your road map to achieving them. *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. *Fitness For Dummies* Suzanne Schlosberg, Liz Neporent, 2005-04-08 What exactly is new in fitness? In the exercise world there's something new in equipment, research, classes, gadgets, videos and Web sites just about every day. The last few years have also seen the invention and marketing of new schlock like pills that claim to eliminate cellulite or burn extra carbohydrates and machines that purport to tone your thighs without any effort on your part. It's all too easy to get confused by all the myths and mixed messages out there. But don't sweat it. This thoroughly revised edition of *Fitness For*

Dummies updates you on all the latest the good the bad and the bizarre tackles your fears about getting fit and gives you the knowledge and motivation to stick with fitness for the rest of your life Renowned fitness experts Suzanne Schlosberg and Liz Neporent show you how to Test your fitness level and set realistic goals Pinpoint fat sources in your diet Create a personalized fitness program Find Internet fitness forums and Web sites Brave a public gym This is your essential get fit guide covering state of the art fitness techniques equipment programs and health clubs in a practical friendly way You ll see how your individualized fitness program will help you strengthen your heart and lungs burn lots of calories lower your stress level and even help you stay injury free You get the latest on low carb eating new food pyramids the glycemic index and trans fats and new carb guidelines Plus you ll see how to Take advantage of hot trends like Yoga and circuit training Incorporate weight training in your workout Choose the best fitness equipment for your home gym Stay fit at all ages and stages Complete with a list of ten great fitness investments under 100 and ten fitness ripoffs as well as proven ways to stay motivated Fitness For Dummies Third Edition is your one stop guide to a slim trim new you **Basic Marathon Training** Don Garber,2004 Provides a guide to running a marathon including equipment training diet and injury prevention

**Running For Dummies** Florence Griffith Joyner,John Hanc,1999-02-05 The five time Olympic medalist shares tips for running *The Art of Running* Daisy Edzel,2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won t use Instead I ll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOu will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here s what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad Pain Having a Proper Form and Breathing Technique Which Part of Your Foot Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here **The Complete Idiot's Guide to Marathon Training** David Levine,Paula Petrella,2011-05-03 A comprehensive guide to get you ready for race day According to the rule books a marathon is 26 2

grueling yet exhilarating miles Millions of people run marathons around the world Many more millions dream of doing it But novice or veteran runners marathons require training and plenty of it Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear jargon free language Includes dozens of instructional photos Practical advice that addresses the needs of men and women of all ages

**Healthy Mind and Body All-in-One For Dummies** Gillian Burn,2009-12-18 You re sluggish unhappy and unfit You want to change your ways but don t know where to start Sound like you With a little bit of motivation it s possible to revamp your health starting right now and this time conscious mind and body bible contains all the tools and advice you need to get you started Combining the best bits of eight top Dummies self help titles Healthy Mind Body All In One For Dummies has got kick starting your health covered from eating better and improving your nutrition to finding your nearest pilates class being more active day to day and dealing with stresses at work or anxiety at home You ll have bags more energy and a positive mental attitude to match So what are you waiting for Healthy Mind Body All In One For Dummies includes excerpts from the titles Nutrition FD The GL Diet FD Fitness FD Yoga FD Pilates FD Stress Management FD Overcoming Anxiety FD Overcoming Depression FD Healthy Mind Body All In One For Dummies covers Book I The Importance of Your Health Chapter 1 Understanding the Elements of Healthy Nutrition Chapter 2 Exploring an Active Lifestyle to Boost Your Health Chapter 3 Examining Your State of Mind Book II Food and Nutrition Chapter 1 The Key Facts About Healthy Nutrition Chapter 2 Knowing What to Eat and What Not to Eat Chapter 3 Exploring How Food Affects Your Health Chapter 4 Taking a Look Inside the GL Diet Chapter 5 Incorporating the GL Diet into your Daily Life Book III Physical Health Chapter 1 Understanding the Benefits of Being Physically Active Chapter 2 Taking an Active Approach to Fitness Chapter 3 Exploring Types of Exercise to Suit Your Lifestyle Chapter 4 Why Yoga Can Help You Chapter 5 Stretching your Body Through Some Yoga Postures Chapter 6 Seeing What Pilates Can Give You Chapter 7 Giving Yourself the All Body Pilates Workout Book IV Mental Health Chapter 1 Acknowledging the Importance of Personal Well Being Chapter 2 Taking a Positive Approach to Depression Chapter 3 Discovering Techniques to Overcome Depression Chapter 4 Examining Anxiety in its Different Guises Chapter 5 Exploring How to Conquer Anxiety Chapter 6 Delving Into Stress Chapter 7 Managing Stress Proactively **A Beginner's Guide to Marathon Training (Running, Training, Fitness)** Jasmine Evans,2012-02-24 ABOUT THE BOOK So you want to run a marathon Everyone who makes the decision to run a marathon has their own reasons Maybe you want to train for a particular race Or maybe you want to lose weight Or perhaps you just want to try a new form of exercise Or or or the list goes on and on If you are a beginner and you have made the lofty decision to train to run a marathon then this is the guide for you Are you a beginner For this guide if you cannot yet run for 30 minutes straight you are a beginner If you cannot run 30 minutes or cannot run for just 10 minutes don t worry you will get there soon This guide will also be helpful for people who are in shape but do not run For instance if you have been doing martial arts for years consider yourself physically fit and

do not run you can still benefit from this guide Running can have all sorts of benefits One of the most common benefits is the possibility of weight loss Combined with healthy eating running is a great way to lose excess body fat MEET THE AUTHOR Jasmine Evans is a graduate of Princeton University who has been writing fiction and nonfiction on and off since the 8th grade At Princeton she majored in Sociology and minored in African American Studies She currently writes for two blogs one about education and the other about job hunting For fun Jasmine likes to read exercise and play with her bunny Penelope EXCERPT FROM THE BOOK There are all kinds of fancy gadgets out there for runners From devices that go in your shoe to track your movements to running pants with reflectors on them for those who run at night there are so many things you could buy that it can be a little overwhelming The most important piece of running equipment you buy are the shoes Beat up shoes you pull from the back of your closet will not work Tennis shoes or shoes made for fashion will not work either You need a good pair of running shoes that will support your feet and ankles Active com Basic Gear for a Beginning Runner It is also not as simple as going to your nearest shoe store and picking out the prettiest running shoe There are three different kinds of running shoes Buy a copy to keep reading **Marathon Training for Beginners** K. P. Foster,2015-10-08

Marathon Training for Beginners A Guide on Completing Your First Marathon and Training Plan Have you ever wanted to complete a marathon This guide will help you to achieve those dreams Many runners dream about completing a marathon Its the pinnacle of any runners ambition to run those 42 195km Many runners never realize those dreams but with this guide you can give yourself a fighting chance of running s ultimate endurance test Even if you don t want to complete a marathon this book is packed full of handy hints and tips to take your running to another level Running is inclusive and affordable Of all the sporting challenges running a marathon is the most attainable to the average person at home People from all walks of life complete marathons every year This said its still an exclusive club to join when a marathon is actually completed due to the mental and physical demands placed on oneself in order to finish the race This is where this book comes in Give yourself the best chance of success and get this guide now Here s A Preview Of What You ll Learn What is a Marathon Selecting The Right Kit Essential Information To Get You Started Correct Nutrition and Hydration Marathon Training Plans Mental Preparation Staying Motivated Race Day Preparation And Much More Get your copy today to receive all of this information Tags Marathon Training Marathon Preparation Marathon Running for Beginners Running for Beginners Running Completing a Marathon Marathon Training Marathon Basics marathon Race Day First Marathon Marathon Running Marathons for Dummies **How To Run a Marathon For Beginners** HowExpert,Helen Nazarenko,2012-11-06 If you want to know how to run a marathon then get this step by step How To Run a Marathon For Beginners guide which depicts all sorts of different aspects and details of marathon running How To Run a Marathon For Beginners is a beautifully illustrated instructional guide The guide provides useful tips and strategies for someone who wishes to run a marathon as well as various ideas and proven solutions to problems a runner may be forced to face The introduction of the book focuses on the many benefits and

parts to running a marathon and takes a look at what running a marathon can provide the average person with It also gives suggestions for causes to run for and other meaningful advice regarding self motivation and personal fitness goals in general The major sections that follow this brief but thorough introduction provide both diet and training plans that were tested personally by the author and are proven to work These sections also depict the various nutrients that must be present in anyone s healthy diet every day as well as giving general guidelines regarding daily calorie consumption and composition for runners Other content included in the book would be helpful insight on the day of the marathon as well as suggestions about what to do once a runner has completed his or her first marathon and achieved his or her much desired goals About the Expert Helen Nazarenko has moved about a lot and has lived in a variety of different places However it was only after settling down in New York that she actually began taking fitness and running more seriously She is married and has one special daughter Rose who stars in many of the photos of this very book Helen Nazarenko is a very motivational character and focuses on making people s lives better through personal experiences As an article writer as well she has had a lot of experience writing on various topics from fashion to automobiles and has a large collection of written pieces that are just waiting to be published HowExpert publishes quick how to guides on all topics from A to Z by everyday experts *Just Run* Sam Humphries, 2022-04-05 Everything You Need to Know About Transforming a Beginner into a Marathoner and Beyond Dreaming of finally becoming a runner and even finishing your first marathon keeping you up at night Let me take you by the hand and take you to your first marathon even if you re a complete beginner Mentally Emotionally and Physically tougher and stronger These are the benefits you will get from this book Your health will improve Your speed and endurance will get upgraded If you want to take the plunge and find out if there is a systematic and predictable way to improve your running skills or if you can even accomplish your dreams of running a marathon someday There is some great news for ya I m going to give you the guidance and teach you the things you need to achieve your running ambitions I promise you you will get there Just learn the fundamentals train regularly stay on the path and slowly but surely you will achieve it Let this book serve as the blueprint and guidance to reaching the finish line Here s what you ll learn in the book What does it take to run a marathon Timeframe Beginner level The intermediate level The advanced level Mental preparation Set goals 10k goal 20k goal 30k goal More than 30K Running solo Running with another person Play with the running gadgets Train Smart Proper form and breathing techniques Which part of your foot should hit the ground Proper breathing Training times Morning schedule Mid morning schedule Lunch time schedule Evening schedule Different training styles Slow pace training Tempo Runs Tempo Runs at a Consistent Pace Tempo Repetitions Interval Training Hill training Cross training Cycling Water training Pilates Yoga Practical weight training Tips to help you with weight training Sprinting Strides Stretching Low back stretching Calves stretching Hip stretching Strength Training The crunch Back Extensions The Superman Side plank Training gear A clean bill of health Proper nutrition There are foods that your body can use to help itself Rate the plate on a

scale of 1 to 10 Assessing your eating habits There is balance Power foods to eat regularly Here are a few ways to spruce up your vegetables Calcium rich foods Healthy fats over unhealthy fats Warm ups Stretching Cooldowns Marathon training blueprint Marathon race strategies The night before D Day morning Start of the race and much more Read this book today

**The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training** Mario Fraioli, 2013-04-01 Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you ll enjoy training and cross the finish line feeling great Coach Mario will guide you from sign up to finish line With his expert advice you ll choose your race set your goals select the right gear and move swiftly through a beginner or experienced marathon or half marathon training program Fraioli covers all of running s most important topics dynamic warm up exercises smart and realistic workouts healthy sports nutrition and hydration guidelines tips for quick and complete recovery strength training and crosstraining advice to treat common running injuries and strategies for race week and race day He offers useful tools like running pace charts a sweat loss calculator and a preview of each Rock n Roll race course The Rock n Roll Marathon and Half Marathon series is the world s most popular running series because each race is a fun and feel good challenge Now with the Official Rock n Roll Guide you ll be ready to rock your marathon or half marathon

**Marathon Running** Matt Jordan, 2017-04-02 Marathon Running A Beginners Guide on Preparing to Run Your First Marathon This world famous race of 26 miles and 385 yards has become the benchmark that all long distance runners measure themselves against It can be a social activity or a solo one you can compete against other runners or you can try to beat your own best time But it s a goal to aim for something to strive towards a challenge to set yourself It s a huge accomplishment and it s something only a small proportion of the population ever manages to complete Take your first step to train and compete in your first marathon and get this guide now This book will guide you through everything you need to run your first marathon You will learn how to choose the right equipment what to eat to keep your body in the best shape the best exercises to do to make you stronger and more flexible how to stay injury free when you run how to choose your marathon and what to do on the day There s also a six month training schedule that will gradually build up the miles work on your strength and speed and push your endurance abilities slowly but surely transforming you from complete novice to long distance runner Discounted for a limited period only Usually 9 99 Are you ready to challenge yourself and test your limits Then get this guide now and discover just how far you can push yourself you ll be surprised just how much your mind and body can achieve regardless of your current fitness levels Remember this book is aimed at complete beginners and will prove to be the perfect guide on your quest to run your very first Marathon Here s A Preview Of What s Inside What is a Marathon A Brief History of the Marathon Essential Information To Get You Started Tips on Staying Injury Free A 26 Week Training Plan Choosing the Correct Clothing Footwear Staying Motivated Race Day Preparation And Much



More *Long Distance Running for Beginners* Sean Fishpool, Michael Spilling, 2011-08-15 Provides an introduction to training for long distance running covering such topics as choosing running shoes balancing dietary needs using warm up exercises protecting oneself from injury and running schedules with different levels of difficulty [The Runner's World Big Book of Running for Beginners](#) Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Maga, 2014-04-08 Every day people are reaching their get up or give up moments and resolving to change And they are realizing that running is the simplest cheapest and most effective way to lose weight gain confidence and relieve stress For newcomers the obstacles are fierce There are fears of pain and embarrassment There are schedules jam packed with stressful jobs long commutes endless meetings and sticky fingered toddlers The Runner's World Big Book of Running for Beginners provides all the information neophytes need to take their first steps as well as inspiration for staying motivated The book presents readers with tips for smart nutrition and injury prevention that enable beginning runners to achieve gradual progress by gearing up for a 30 minute run a 5 K or even a 5 miler Above all it shows newbies just how fun and rewarding the sport can be thanks to the help of several real runner testimonials *Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan* Jason Scotts, 2013-11-02 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 *24 Week Marathon Training Schedule and Running Log Book for Beginners* Jerry Wright, 2018-03-15 24 Week for Marathon Training Schedule and Daily Running Log book [Half Marathon Training](#) Dima Nasira, 2018-02-01 So you have decided to participate in your first half marathon OWESOME The great news is that by making this decision you are already half way there and with this guide book I will take you through the remaining bit The recommended training period averages from 8 to 12 weeks I hope we have enough time before your marathon Within this period we will discuss 1 Training schedule 2 Training gear like shoes 3 Recommended diet 4 Common injuries and how to avoid them 5 What to expect and how to overcome challenges 6 When to rest 7 And much more Running a half marathon can be challenging and yet the most satisfying feeling ever This is one sport that pushes you

to improve on qualities you use daily in life like Patience Persistence Endurance Stamina Work ethics Planning among others  
I will guide you through this journey of self discovery and some sweating See you soon Grab your copy today     Prevention  
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## Adopting the Melody of Term: An Psychological Symphony within **Marathon Training For Dummies**

In a global used by screens and the ceaseless chatter of immediate conversation, the melodic elegance and emotional symphony produced by the published word usually fade into the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. However, set within the pages of **Marathon Training For Dummies** an enchanting fictional treasure overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this captivating masterpiece conducts readers on an emotional journey, well unraveling the hidden tunes and profound influence resonating within each carefully constructed phrase. Within the depths with this touching examination, we can examine the book is main harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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## **Marathon Training For Dummiesr Introduction**

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