



16 Weeks to a Faster Marathon: Utilize the secret training strategies employed by elite athletes to stay injury-free, train smarter and run your best marathon ever.

Jeff Gaudette

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Step-by-step training guide - 140 pages broken into 4 specific sections: (1) Marathon training basics; (2) Specific marathon workouts; (3) Marathon nutrition for training, pre race, and race day; and (4) Mastering the marathon taper. **Unparalleled knowledge** - Training secrets, anecdotes, and lessons learned directly from the world's top marathon runners. Utilize the secret training strategies employed by elite athletes to stay injury-free and train smarter. **An actual schedule** - A detailed 16-week marathon training schedule that assembles the training theory and specific workouts discussed in this book so you can see the plan in action.

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