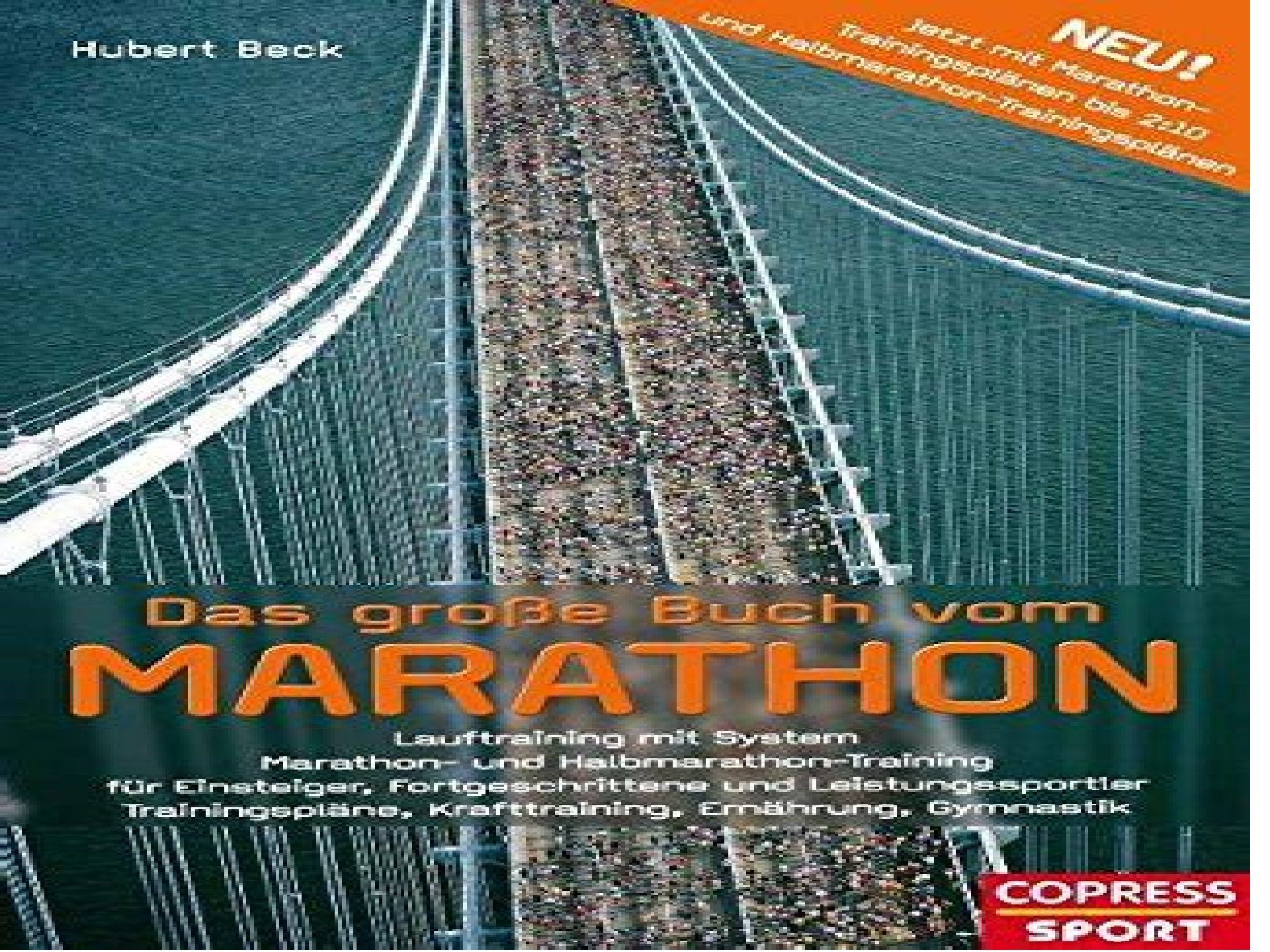


An aerial photograph of a running track, showing a large crowd of runners participating in a marathon or half-marathon. The track is a reddish-brown color, and the surrounding area is green grass. The runners are spread out across the track, and the perspective is from above, looking down at the track.

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 sich hierbei auf das ambitionierte Lauftraining für die Distanzen 10 Kilometer Halbmarathon und Marathon Das E Book bietet
 dazu ein Grundwissen sowie eine Vielzahl an feinstufig gegliederten Trainingsplänen Laufanfänger als auch Spitzenathleten
 werden in den Trainingsplänen eine geeignete Orientierung finden die zu einer zielgerichteten Gestaltung des Lauftrainings f
 hrt Meine Trainingspläne für den 10 km Halbmarathon und Marathon Lauf sind in den Zielzeiten äquivalent zueinander
 gestaltet so dass ein Läufer innerhalb seines Leistungsniveaus in den unterschiedlichen Distanzen wechseln und sich
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Running a marathon with 12 weeks training is very achievable with the right preparation I've done it I completed my first marathon in 3hrs 57mins with only 3 months of training It wasn't my best performance but I got round the 26.2 miles in a time I was proud of without too much discomfort I've since went on to run dozens of marathons and refine the key principles required to successfully complete a marathon with limited time to train and prepare Note this eBook contains free Training Plans and links to download your own free Excel based versions My Key Principles for 3 Marathon Success include Design A Robust Training Plan and stick to it from day one FREE TRAINING PLAN INCLUDED Stay Injury Free even if it means missing a day of run training Train based on Distance not Pace increase the time on your feet Get The Right Gear Shoes socks shirt shorts and GPS Focus On Your Goals I expand on these principles and go into more detail including sections on Getting started This section is all about preparing you mentally We look at the mental and physical commitment you've made what to expect and how best to prepare yourself in the coming three months I share my personal experiences and describe what your marathon will probably look like Training We dive into detail on how to get from your current state to race ready in twelve weeks Marathon training these days is a science not an art and the lessons learned from countless other runners can be deconstructed and applied to your own training In this section you'll find detailed guides on assessing your current level of fitness and determining exactly how much training you need to be race ready how to train and how to make your own training plan we include examples and templates Shoes and gear Have the correct shoes and running gear is fundamental for success We break down every piece of gear you need to run a marathon and all the optional extras too We discuss what to look for when you're buying shoes shorts and everything else Nutrition Fuel is what gets you round the race but it comes in many different forms and everyone's stomach is different We look at the various fuelling options to have before and during a race as well as discussing your fuelling strategy and how to road test it before the race Pre Marathon the 4 weeks before the marathon We explain where your focus should be at various milestones 4 weeks before the race 1 week before the race the night before the race and the morning of the race Here we discuss tapering and cross training diet and mental preparation so you get to the start line in optimal condition The Marathon The actual marathon is the culmination of all your training in one event Here we go through what to expect on the day itself this section contains a lot of advice and tips from experienced marathon runners Post Race What to expect how to minimise recovery time and how to retain your new level of distance running ability **Das große Buch vom Ultramarathon** Hubert Beck, 2023-02-28 **Das Buch vom Laufen** Hubert Beck, 2018 Der Laufbuch Erfolgsautor Hubert Beck beschreibt in seinem Buch wie man sich in kurzer Zeit und relativ geringem Zeitaufwand zu einem Läufer entwickeln kann Dem Anfänger wird Spass und Freude vermittelt und er wird an das

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