

**MASTERING THE MARATHON: TIME-EFFICIENT
TRAINING SECRETS FOR THE 40-PLUS ATHLETE**

Rae Amaral

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Mastering the Marathon: Time-Efficient Training Secrets for the plus Athlete by Don Fink

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I completed all of my workouts, dialed in my race day fueling and pacing strategy and went out and qualified for the Boston Marathon on my first attempt. Lyons Press September 1, Publication Date: Then, I started the whole week plan to get ready for the marathon.

ApparentlymypoortalittleheartwasnotupforanythingfasterthanaWeapprec Published on February 20, Refresh and try. Runner's World Your Best Stride. High-IntensityIntervalTrainingforWomen.Read more Read. The ideas presented simply make sense - and I personally find it enjoyable to read the suggestions put forth along with numerous individual cases from successful athletes that are also "normal" people leading normal lives sans 25 hrs a week to train.