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running my first boston
marathon this april and
well into training as i ve
shared my runs on instagram
and on the blog i ve been
asked a lot what training
plan i m using it s from
book advanced marathoning
which is ironic considering
i ve only run two marathons
i wouldn t consider myself

an advanced marathoner by
any stretch but i ve really
enjoyed the plan so far'

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information on everything
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provides only the most
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training'

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s advanced marathoning this
plan is specifically for
experienced marathon
runners looking to improve
their performance there are
no beginner or intermediate
plans but there are
multiple plans depending on
miles per week and number
of weeks'

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advanced marathoning and
describes what the rest of
the book is about the
second chapter is a great
chapter about marathon
running training it tells
you what you need in a
marathon which of your body
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are lots of training plans
to choose from whether you
are running multiple*

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weeks to 93 miles per week
over 24 weeks nine
different marathon
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their ability rather than
simply getting through the'

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