

Marathon: The Ultimate Training And Racing Guide By Hal Higdon

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Hal Higdon (1931-) is the author of numerous books on running, including the best-selling Marathon: The Ultimate Training Guide. Higdon,

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The Ultimate Marathon Race Plan. By Patrick McCrannMarathon Nation | For Active.com; if any, folks consider their marathon training to have been "optimal."

The ultimate marathon race plan - marathon

Dear Patrick, Thank you so much for this article. I am now 18 days away from my first marathon. I finished my last long run 10 days ago, 20 miles (YIpppeee!!).

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