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Advanced Marathoning 2nd Edition - Pete Pfitzinger, Scott ...

Things I didn't like about Advanced Marathoning. Some dated information on nutrition, hydration, and body physiology. (Reviews have reported the 2nd edition dated as well) They limit the charts for lactate threshold and VO2 Max to fast speeds, despite the book's marketing toward anyone who wants to improve their marathon; There are marathon ...

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Books . . .

Peter Pfitzinger-Advanced Marathoning. Peter Pfitzinger, Scott Douglas, "Advanced Marathoning, 2nd Edition" ISBN: 0736074600 | 2008 | EPUB/MOBI | 264 pages | 4 MB/5 MB . Shave minutes off your time using the latest in science-based training for serious runners.

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