



Complete guide for running a marathon under 3 hours and 15 minutes (Finisherguide Marathon plans n° 315) (Spanish Edition)



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Marcus Mingus

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If you are reading this prologue it is because you are planning on running a marathon. Congratulations! You should be proud because we know that you can do it; you will become a FINISHER. And that is an accomplishment that you will carry forever.

The preparation for a marathon is lengthy, full of perseverance, willpower, small and big challenges. We know this because we have suffered and enjoyed it in our own flesh, in addition to having aided hundreds of first-time marathon runners, as well as experienced ones. Using all of our experience, we want to help you reach your objective, and because of this, we have designed a training guide 100% adapted to your goal time (under 3 hours and 15 minutes).

In this guide you will find, aside from our 16 week training plan to reach your goal of under 3h15 (including a detailed description of each session with the exact pace at which you should perform each exercise and each intermediate rest), advice for the week before and after the marathon, tips regarding your racing strategy and dietary guidelines.

“If you want to win a race, run one hundred meters. If you want to experience something, run a marathon.” – Emil Zátopek

This is why we wish to support you on this difficult and exciting journey; we want to accompany you and reach with you the finish line, with arms up in the air. We trust in you... We know that you will make it!

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