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RUNNER'S WORLD Marathon - Einfach nur Ankommen Runner`s World
RUNNER'S WORLD Marathon - Einfach nur Ankommen *Runner`s World*

12 wochen je 4 laufeinheiten 26 seiten und 27 abbildungen trainingsplan nach modernsten trainingsmethoden für fortgeschrittene läufer gesund den marathon überstehen dieser trainingsplan verhilft ihnen durch zwölf wochen training zu einem erfolgreichen marathon finish mit viermal laufen pro woche nähern sie sich an die marathon distanz an es stehen hauptsächlich ruhige einheiten auf dem programm lange und lockere dauerläufe gestalten diesen marathon trainingsplan mit dem ziel ankommen nach befolgen dieses trainingsplans schaffen sie die marathon distanz ohne genaue zielvorgabe in ihrem tempo ankommen ist alles

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