

RUNNER'S WORLD Marathon unter 3:45 Stunden Runner`s World
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12 wochen je 5 lafeinheiten 26 seiten und 17 abbildungen trainingsplan nach modernsten trainingsmethoden für erfahrene läufer sie laufen regelmäßig und haben bereits reichlich wettkampferfahrung wahrscheinlich auch schon auf der marathondistanz nun möchten sie ihre zeit über die magische 42 195 kilometer distanz auf ambitionierte 3 45 stunden herunterschrauben mit diesem plan trainieren sie vier mal in der woche abwechslungsreiche einheiten die immer länger werdenden langsamen dauerläufe schulen ihre grundlagenausdauer tempoeinheiten machen sie fit den ambitionierten kilometerschnitt von 5 20 minuten kilometer die komplette distanz durchzuhalten so schaffen sie nach nur 12 wochen ihren marathon in unter 3 45 stunden

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