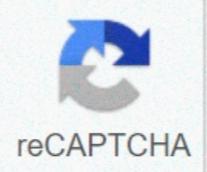




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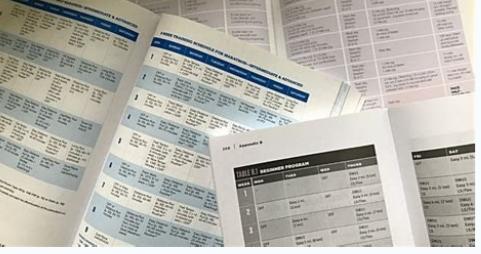


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Pfitzinger marathon plan 18 55

Pfitzinger marathon plans. Pfitzinger marathon plan 18/55.

One question I had going into my training cycle was which training plan to follow. Should I make one up, purchase one, find one online, or some combination of all three. After some research and excellent feedback from my friends, I decided to follow a modified version of Pete Pfitzinger's 55/18 plan. The plan is based on an eighteen week schedule with a peak mileage of 55 miles. Pete Pfitzinger developed the plan with Scott Douglas in their book Advanced Marathoning. What I like about the plan is the simplicity. There are no major formulas or heart rate zones. The focus is on consistent training, recovery, pacing, and build-up. Recovery includes two full days off a week which is something I've fought with internally. I've always felt that I need to run 6 days a week. While this might be true at lower volumes, it doesn't translate well to longer training sessions. With a mid-distance and long run each week, ample recovery is critical to staying injury free. In this plan, speedwork is centered around current 5k pace, half marathon pace, and goal marathon pace.



Certain workouts include sets of 100 meter strides to help leg turnover. Overall, it's a simple but challenging plan. This blog, appropriately named The Road to Boston, includes a few of the Pfitzinger plans in a useful web interface. As always, there is no magic bullet for marathon training. No two people are exactly alike and training plans should be customized and tailored to the individual's needs. I think these plans provide a good blueprint for success and I look forward to sharing my personal details with you over the next few months. Thanks for reading. From Fellrnr.com, Running tips Pfitzinger's Advanced Marathoning.

TRAININGSPLAN						
WEEKE	STRECKE	ZEIT	STRECKE	ZEIT	PULSE	PULSE
WEEKE 1						
Morning	Langerer Dauerlauf	30	5,0	140	149	
Donnerstag	Freie Laufzeit	0	0,0			
Mittwoch	Mittlerer Dauerlauf	30	3,0	145	154	
Donnerstag	Freie Laufzeit	0	0,0			
Freitag	Langerer Dauerlauf	30	5,0	141	148	
Samstag	Zugpfer Dauerlauf	30	3,5	149	157	
Sonntag	Freie Laufzeit	0	0,0			
Auszeit		150	12,0	144	152	
WEEKE 2						
Morning	Mittlerer Dauerlauf	40	4,0	140	149	
Donnerstag	Freie Laufzeit	0	0,0			
Mittwoch	Mittlerer Dauerlauf	40	4,0	145	154	
Donnerstag	Freie Laufzeit	0	0,0			
Freitag	Langerer Dauerlauf	40	5,0	141	148	
Samstag	Zugpfer Dauerlauf	40	3,5	149	157	
Sonntag	Freie Laufzeit	0	0,0			
Auszeit		150	12,0	144	152	
WEEKE 3						
Morning	Langerer Dauerlauf	40	4,0	140	149	
Donnerstag	Freie Laufzeit	0	0,0			
Mittwoch	Mittlerer Dauerlauf	40	4,0	145	154	
Donnerstag	Freie Laufzeit	0	0,0			
Freitag	Langerer Dauerlauf	40	5,0	141	148	
Samstag	Zugpfer Dauerlauf	40	5,0	149	157	
Sonntag	Freie Laufzeit	0	0,0			
Auszeit		150	12,0	144	152	
WEEKE 4						
Morning	Langerer Dauerlauf	50	5,0	140	149	
Donnerstag	Freie Laufzeit	0	0,0			

This plan is specifically for experienced marathon runners looking to improve their performance. There are no beginner or intermediate plans, but there are multiple plans depending on miles per week and number of weeks. The book includes some interesting plans with basic guidance around training, but not as sophisticated as Jack Daniels or FIRST. The plans involve a lot of long and medium Long Runs, and some speedwork, with the higher mileage plans having little rest and recovery. (This article should be read in conjunction with my Comparison of Marathon Training Plans.) Please support this site! This review was made possible by readers like you buying products via my links. I buy all the products I review through normal retail channels, which allows me to create unbiased reviews free from the influence of reciprocity, or the need to keep vendors happy. It also ensures I don't get "reviewer specials" that are better than the retail versions. Key Characteristics Depending on the mileage, you run from 4-5 days/week up to 7 days/week, with the two highest mileage plans requiring you to run twice a day (doubles). One or two medium Long Runs per week in addition to the Long Run. The higher mileage plans require you to run 13-15 miles midweek, with the highest mileage plans having two runs totaling over 20 miles midweek. Initial Ramp (mileage increase/week from start to 16): You need to be doing 16+ miles regularly before considering this plan. Core Ramp (mileage increase/week from 16 to max): Low to moderate at around 0.3 to 0.6. Pros: The focus on advanced runners and the marathon gives the book some useful specificity. These plans take in to account the runner's weekly mileage, providing four unique sets of plans. This plan prescribes far more Long Runs than any other except Jack Daniels elite.

Depending on your mileage, you will have 10-16 runs of 16 miles or more and 3-8 runs of 20 miles or more. While there is no speedwork per se in the Long Runs, a number of the Long Runs include segments at marathon pace. Cons: There is remarkably little rest and recovery in all but the lowest mileage plan. I am concerned that the high levels of Training Monotony make the higher mileage versions of these plans a poor choice for most runners. Some broad guidance for training paces and distances provided. For instance, there is a note that the Long Runs should be 10% to 20% slower than goal marathon pace, but there is no advice on how to do the calculation, or tables to use. While the plans adjust for mileage, they don't adjust for fitness levels. Modifications I would drop some of the Recovery Runs in the higher mileage plans and use of those days for rest. Overtraining risk: The Overtraining risk varies with the plan; sub-55 is moderate, 55-70 is moderate to high, 70-85 is high, 85+ is high to very high. I would be extremely cautious of the higher mileage plans. Good For: Beginner: 0. Don't even consider this plan. Look at Galloway or Higdon instead. Novice: 0. Don't even consider this plan. Beginner: 1. The lowest mileage could work well for you, but only if you're an experienced half marathon runner that incorporated over distance training runs. Maintenance: 0. This plan is far too intense for someone simply wishing to maintain an marathonng ability. Improver: 0. This is most likely to be too intense, but depending on your level of fitness and commitment the lower mileage plan might work for you. Overall, I think Jack Daniels Plan A would be better. Enthusiast: 3. This is likely to be too intense, but one of the two lower mileage plans are worth considering if you want to run higher mileage. Overall, I think Jack Daniels Plan A would be better, or even Jack Daniels Elite Plan. Elite: 3.

This is a worthy contender for elites, especially if you want to run high mileage. However, beware the risk of Overtraining, and the lack of recovery that may devalue your efforts.

You're probably better off with the Jack Daniels Elite Plan. Limited Training Time: 0. This plan requires a lot of training time. Traditionalist: 4. This plan almost defines the traditional approach of high mileage runners. Triathlete/Multisport: 0. This plan leaves little or no time for much in the way of cross training or other sports. Prior Overtraining: 0. This plan is likely to increase your risk of Overtraining, rather than reduce it. Sub 3: 0. This plan is focused more on faster runners. 3:00-4:30: 0. Trying to do this level of intensity and mileage is too much slower runners. 5:30+: 0. Use Galloway. Speedwork: This plan generally has one speed work sessions per week, but it's mostly about pounding out the mileage. Main article: A Comparison of Marathon Training Plans I know this isn't common practice, but I've rarely used a training plan for races of distances 13.1 miles or less. I just ran a lot of easy miles, made sure to get in some speed work, with a good average of running days per week. For the most part, it's worked for me. The marathon though? It's a whole different animal.



Training for a marathon without a plan can be disastrous.

Google for a plan will pull up names like Higdon and McMillan... and you'll even see plans promising to get you ready on just 3 days a week of running (yikes). That's why I'm giving you the basics of some of the top marathon training plans so that you can make an informed decision. What are the best marathon training plans? Here I'll be giving you valuable insight into the following top training plans from some of the most respected coaches in the biz: Plan: Known for: Best for: Higdon Safe mileage build-up All Levels Hansons Cumulative Fatigue Intermediate - Advanced Pfitzinger High Mileage Intermediate - Advanced Maffetone Low Heart-Rate Training Beginners or Range of Levels Galloway Run/Walk/Run Beginners and/or Injury Prone FIRST Less Running Runners Tight on Time (but I don't recommend this one!) Each of these marathon training methods has its own strategies for getting runners to the starting line ready. But that doesn't mean each is suitable for every runner. Make sure to read through the key points (along with some of my own recommendations) so that you can choose one that best suits your needs. Because once you choose a marathon training plan, it's pretty difficult to jump into another one and make it work. Lezzz go! Top Marathon Training Plan for Runners at Every Level The Hal Higdon Training Plans get my vote for being accessible and versatile for a wide range of ability and experience levels.



They're tried and tested, utilize best practices, and nothing is too extreme. In 2017 this is the type of plan I used and it got me a 1-hour PR from the marathon I ran 10 years prior. I would venture to guess that Hal Higdon's plans are the most widely used of any other plan available – especially for those runners attempting their first 26.2. He estimates having helped more than a half million runners finish a marathon! With over 10 different plans to choose from, it's likely that one of these will work for almost any runner. Oh and did I mention they are free?! You can find them here. Here's what you can expect from the varying levels which are all 18-week cycles: Novice programs: great for first-time marathoners 4 runs/week cross-training day Build the long run each from 6 miles up to one 20-mile long run Recommends walking breaks when needed – specifically through aid stations (or about every 2 miles) mileage maxes out at 40 miles per week Intermediate Higdon programs: not recommended for first-time marathoners 5 runs/week cross-training day (swimming, cycling, walking) still no speedwork yet Build the long run each from 8 miles up to two 20-mile long runs mileage maxes out at 43-50 miles per week Advanced Higdon programs: recommended for experienced marathon runners who want to build on the success of less advanced trainingspeedwork included which consists of hill repeats, interval training and tempo runs marathon pace training built-in long runs up to 90 seconds slower than marathon pace Build the long run each week from 10 miles up to three 20-mile long runs One more takeaway that Higdon is firm on is that when you're supposed to be running "slow" or "easy" there really is no such thing as too slow. There is plenty of time to go harder and build speed in. Rest days are sacred, too. He wants to ensure his runners don't overtrain and get to the starting line healthy. If the Higdon plans appeal to you, also check out McMillan.



This is another trusted source for a variety of plans at different levels. Best Marathon Training Plans for Beginners and/or Those With Injury Risks I now have a FREE Beginner Marathon Training Plan, based on RRCA evidenced-based principles I learned through earning my coaching certification, that you can download right now. Additionally, it includes a bonus base training plan so you can be sure you're ready to tackle day 1 of your marathon training. Download your FREE Beginner Marathon Training Plan Watch an in-depth review of these beginner marathon training plans. The following plans absolutely can (and have!) worked for experienced runners, so don't assume you can't use them if you're not a beginner. If the strategies appeal to you and your needs, have at it! They are also perfect for new marathon runners, though! This style of marathon training maintains an aerobic running focus. What this means is that runners will always run at a low-intensity never exceeding their prescribed heartrate. Dr. Phil Maffetone refers to it as "the kinder, gentler approach" that still gets results. This heart rate is different for everyone but starts with a base of 180 – your age. Other factors are taken into consideration such as how often you work out, if you're older than 55 and if you're younger than 20. Another way to think of the Maffetone Method is "Low Heartrate Training".

When using this plan, you will need to adjust your calculated heart rate to running in a zone that will likely seem easy to you won't be doing any speed work won't be stretching, but instead will doing yoga should be eliminating grains and sugars, but eating more fat in order to teach the body to use fat as fuel. This plan works best for: a range of levels of runners people who just love to run in without worrying about specific pressure in tune with how to train using their heart rate. People who don't care about doing speed work people who want to stay healthy and run for a long time and maintain weight. Disadvantages to the Maffetone Method: If you are someone who thrives off your fast runs, then this program is not for you. Eliminating speed work probably means that improving your marathon times will take a bit longer, but it is possible to do so – especially since this could help a lot of people up their mileage. Amanda from Run to the Finish practices this method and has plans available if you want to try it! Jeff Galloway designed this marathon training plan as a way to keep his runners injury-free.

The plan can be utilized by runners of every level – by less experienced runners especially, and it prides itself on being able to help anyone complete a marathon.

He even states here that with the correct run/walk ratio utilized, it can make you more than 13 minutes faster in your marathon. How can you get faster by walking you may wonder? So many runners go out too fast, and end up hitting the wall later than if they didn't. So many of these runners end up walking the rest of the majority of their race, ultimately making their overall time slower than if they'd used this method. Here's what you can expect: Utilizes the "Magic Mile" Calculator to determine how much you'll walk. You can find that tool here. Basically you'll run a longer interval, then run a shorter interval and keep this up throughout the risk of injury due to keeping the muscles strong and resilient through walk-breaks 3 days per week run/walk and 1 day of walking little speed work. This plan works best for: runners new to the marathon distance anyone looking to finish a marathon and not concerned with a specific time goalrunners who are having a difficult time running continuously as the mileage increases people who are susceptible to injury those who are comfortable using a walking strategy (there is absolutely NO shame in this!) Disadvantages to the Run/Walk Method: If you are already able to run continuously for long runs without needing to walk, this is probably not the plan you'll want to do. If you're running longer to keep the pace fast and consistent as the mileage increases people who are having a difficult time running continuously as the mileage increases people who are susceptible to injury those who are comfortable using a walking strategy (there is absolutely NO shame in this!) Disadvantages to the Run/Walk Method: If you are already able to run continuously for long runs without needing to walk, this is probably not the plan you'll want to do. 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