

pfitzinger marathon training pdf

Tapering periods. As a general rule of thumb, longer endurance events are generally preceded by longer tapering periods, with the curious exception of particularly long endurance competitions, such as ultramarathons and multiday races. In swimming the opposite is true; distance swimmers will often taper for only a week or less, while sprinters (50 m-200 m) taper for up to 3 weeks.

Tapering - Wikipedia

Ryan Hall (born October 14, 1982 in Kirkland, Washington) is a retired American long-distance runner who holds the U.S. record in the half marathon. With his half marathon record time (59:43), he became the first U.S. runner to break the one-hour barrier in the event. He is also the only American to run a sub-2:05 marathon (2:04:58 at the 2011 Boston marathon).

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