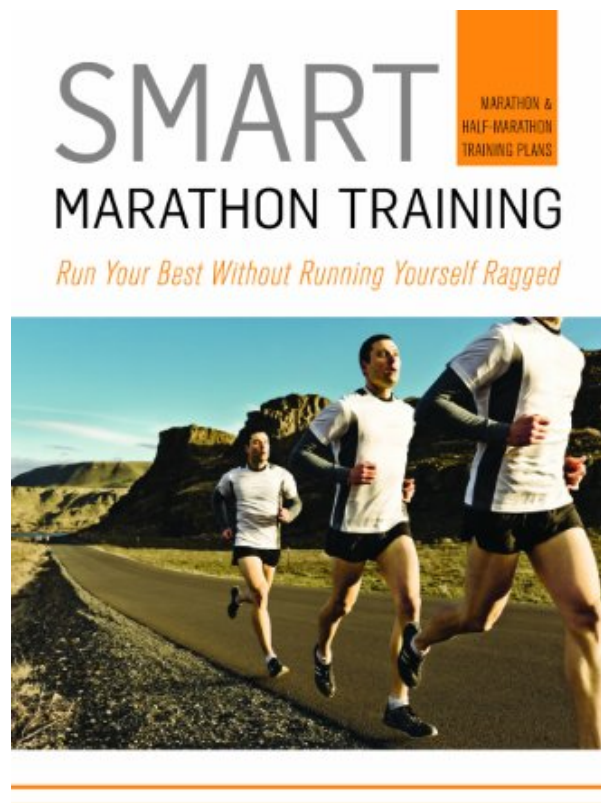


# SMART MARATHON TRAINING: RUN YOUR BEST WITHOUT RUNNING YOURSELF RAGGED BY HOROWITZ JEFF



JEFF HOROWITZ

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# SMART

## MARATHON TRAINING

MARATHON &  
HALF-MARATHON  
TRAINING PLANS

*Run Your Best Without Running Yourself Ragged*



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JEFF HOROWITZ

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## Review

"A less-is-more, quality-over-quantity philosophy." -- Triathlete magazine "Maybe this year's the year you focus your energies on the marathon. And if you do, Smart Marathon Training is the book for you." -- LAVA magazine "I recommend Smart Marathon Training for those who also like to bike and want to have a more focused training program for developing speed, not just distance." -- Run Oregon "[Smart Marathon Training is] one of the most comprehensive perspectives on training smarter, not harder, for marathons and half-marathons." -- Personal Fitness Professional "Smart Marathon Training is a great primer for anyone looking to move beyond the 10K...A great reference for any runner's library." -- MidWest Multisport Life "Jeff Horowitz shows that the marathon is a journey of the body and soul, and he's got 100 marathons' worth of great stories to prove it." -- Grete Waitz, on Horowitz's first book My First 100 Marathons

## From the Back Cover

Train better, run smarter.

Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. Upside: Plenty of miles. Downside: You're running ragged by race day. With "Smart Marathon Training," you can train for your best performance in a marathon or half marathon with fewer miles, in much less time. And you will avoid the injuries that come from running too much.

"Smart Marathon Training" maps out a healthy, economical approach to training, emphasizing quality over quantity. By eliminating junk miles, this innovative program pares down training to three essential runs per week and then adds a dynamic strength and cross-training program to build overall fitness. You'll sidestep burnout and overtraining while increasing strength, power, and resistance to injury.

With more than 75 detailed exercises, plus six easy-to-follow training plans for half- and full marathons, "Smart Marathon Training" will get you to the start line feeling fresh and ready for your best race. Features 6 marathon and half-marathon training plans

## About the Author

Jeff Horowitz is a certified running and triathlon coach, a personal trainer, and has run more than 150 marathons across 6 continents. Formerly an attorney, he quit law to pursue his passion for endurance sport, and now works with DC Tri, The Nations Triathlon, and the non-profit summer camp ACHIEVE Kids Tri, as well as Strides for Hope, a charity fundraising training group that benefits The Wellness Community.

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Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much.

Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist.

No one fakes a marathon or half-marathon--everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs.

With more than 75 detailed exercises plus six easy-to-follow training plans for half- and full marathons, Smart Marathon Training will get you to the start line feeling refreshed and ready to run your best race yet.

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- Format: Kindle eBook

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#### Most helpful customer reviews

32 of 32 people found the following review helpful.

Solid Advice Geared Toward Experienced Marathoners

By Michael P. McCullough

I don't think I have read every book about marathon training but sometimes it seems like I have. Here we have an experienced marathon coach's approach.

The basics are all covered here. There is less "atta boy - go get 'em!" than most books about marathon training and more specific advice geared toward more experienced marathoners.

Quite a bit of emphasis is given to core training and to the concept of doing one or two less runs per week (to be replaced by cross training), while improving the quality of the remaining work outs. There is even a brief section about ultramarathon and triathlon training.

The reason I bought this book was to try to become more inspired to actually do my core work out routine. The detailed section on core work outs and strength training is solid. The training plans near the end of the book seem to be well conceived.

The one thing I resent is that I bought this book based on the great reviews on Amazon.com and later read a comment on one of the reviews that pointed out that there are eight short, glowing reviews all posted on the same day by five (or six?) unique reviewers - each of whom has reviewed only this book. Upon rereading these reviews they seem like they were (possibly) all written by the same person, or maybe a group of friends. One reviewer got a marathon PR and another had all their injuries disappear - just three weeks after the book was released - really? So basically I bought the book based on somebody's fake reviews! Whose? - the author? The author's friends and family? The publisher? Who knows. Maybe there really were eight unique reviewers who all posted short five star reviews on the same day but never got around to reviewing any other books - it's hard to say.

Anyway - \*Smart Marathon Training,\* although it isn't my favorite book in the genre, has its merits and is a decent resource geared more toward more experienced marathoners.

17 of 18 people found the following review helpful.

Training plans not for experienced beginner runners.

By JBro

This book provides a lot of information and what seems like a reasonable plan for someone who is truly an intermediate runner. I have run two half-marathons prior to ordering this book and was interested in using the training method/plans in this book for my third.

Up until now I have been a Couch to 5k-er (c25k) and Galloway walk/runner. I completed both of my half marathons using the walk/run method combined with the mileage plans from Hal Higdon's novice half marathon training plans. Bottom line there... all I have ever done is long/slow runs. I have never been a part of a track team nor have any formal experience with drills, hill repeats, speed work, or tempo runs. So, this book is a good introduction to all of that. However, the training plans in the book start with an "intermediate" level of running experience...which I clearly don't have after reviewing the plans.

The intermediate half marathon plan gives a 7 week schedule leading up to the half marathon. The mileage starts with an 8-mile Long Run and 7-mile Tempo Run in week 1! Although I just finished a half marathon last week, I am certainly not at the level to jump right into a 7 mile "TEMPO" run... which is a long hard sustained fast paced effort. My first problem is that I am used to walk/running rather than steady running only. My second problem is that in order to get to a place that I can run a 7 mile Tempo run.. I need a plan... and this is where the book doesn't help me. There is no plan for how to get from a base level of running fitness - to the first week of the intermediate plan. I wish I could find a Horowitz training plan for that gap - because the methods and schedule for his training plan seems ideal for me.

3 of 10 people found the following review helpful.

missing pages?

By Penni

Pretty disappointing to receive a book that starts on page 32. I think all this on demand publishing has a lot to do with it.

from what I scanned before putting it back in the envelope to be returned, nothing earth shattering in the book.

See all 25 customer reviews...



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