

# 17 week marathon training plan

**\*\*17 Week Marathon Training Plan: Your Ultimate Guide to Race Day Success\*\***

**17 week marathon training plan** offers a balanced and effective roadmap for runners of all levels aiming to conquer the 26.2-mile challenge. Whether you're a first-timer eager to cross the finish line or a seasoned runner targeting a personal best, this timeline provides ample preparation without overwhelming your schedule. The beauty of a 17-week plan lies in its gradual buildup, allowing your body to adapt while minimizing injury risk.

In this article, we'll explore how to structure your weeks, what types of workouts to include, and essential tips to make your marathon journey enjoyable and productive. From base-building runs and speed workouts to long runs and taper weeks, you'll find everything you need to approach race day confidently.

## Why Choose a 17 Week Marathon Training Plan?

Many marathon training plans range between 12 to 20 weeks, but 17 weeks strikes a sweet spot. It provides enough time to develop endurance, improve speed, and recover properly. This duration is especially helpful for those balancing running with work, family, or other commitments.

The 17-week timeline encourages consistency without burnout, incorporating rest days and cross-training options. It also allows for flexibility if you need to adjust your schedule due to illness, travel, or other life events.

## Benefits of a 17 Week Training Schedule

- **Gradual Mileage Increase:** Avoids sudden spikes that could lead to injury.
- **Varied Workouts:** Combines easy runs, tempo runs, intervals, and long runs for balanced fitness.
- **Proper Tapering:** Helps your body recover and peak right before race day.
- **Adaptability:** Suitable for both beginners and experienced runners seeking structure.

## Breaking Down the 17 Week Marathon Training Plan

Let's dive into what a typical 17-week training schedule looks like and how to approach each phase.

## **Weeks 1-4: Building a Strong Foundation**

The first month focuses on establishing your running base. This means consistent mileage with mostly easy-paced runs to build aerobic endurance. Your priority is to get comfortable running regularly without pushing too hard.

During this phase, include 3-4 runs per week with distances ranging from 3 to 6 miles. Incorporate one longer run on weekends, starting around 6-8 miles. Cross-training activities like swimming, cycling, or yoga can complement your routine by improving overall fitness and reducing injury risk.

## **Weeks 5-9: Introducing Speed and Endurance Workouts**

Once your base is solid, it's time to introduce more challenging elements. This phase includes tempo runs, interval training, and hill repeats to boost your lactate threshold and running economy.

A typical week might involve:

- One interval session (e.g., 5 x 800 meters at 5K pace)
- One tempo run (20-30 minutes at comfortably hard effort)
- One long run, gradually increasing from 10 to 14 miles
- Easy recovery runs or rest days

These workouts help improve speed and stamina, essential for maintaining a steady pace during the marathon.

## **Weeks 10-14: Peak Mileage and Race-Specific Training**

This is where mileage peaks, with long runs reaching 18-20 miles, simulating race conditions as closely as possible. Your midweek runs remain varied, including easy runs and occasional race pace workouts.

Nutrition and hydration strategies become crucial during this phase. Practice fueling on the run with gels, sports drinks, or snacks you plan to use on race day. This helps prevent surprises and stomach issues during the marathon.

## **Weeks 15-17: Tapering and Recovery**

The final weeks focus on tapering, where you gradually reduce your training volume to allow your body to recover and recharge. Long runs shorten to 8-10 miles, and intensity decreases, but

maintaining some race pace efforts keeps your legs sharp.

Tapering can feel strange for many runners — you might experience restlessness or doubt. Trust the process; tapering is proven to enhance your performance by ensuring you arrive at the starting line fresh and energized.

## **Essential Components of Your 17 Week Marathon Training Plan**

Successful marathon training isn't just about running mileage. Several factors contribute to a well-rounded preparation.

### **Incorporate Cross-Training and Strength Workouts**

Adding cross-training activities like cycling, swimming, or elliptical workouts can improve cardiovascular fitness while giving your running muscles a break. Strength training focusing on core, hips, and legs enhances running economy and reduces injury risks.

Aim for 1-2 strength sessions weekly, emphasizing bodyweight exercises or light weights. Exercises like squats, lunges, planks, and glute bridges build the muscular foundation needed for marathon running.

### **Prioritize Rest and Recovery**

Rest days are just as important as workout days. They allow your muscles to repair and your central nervous system to recover. Overtraining can lead to fatigue, poor performance, and injuries.

Listen to your body. If you feel excessive soreness, persistent fatigue, or signs of overuse injury, consider additional rest or active recovery days.

### **Nutrition and Hydration Strategies**

Fueling your body properly throughout training influences your energy levels, recovery, and race performance. Focus on a balanced diet rich in complex carbohydrates, lean proteins, and healthy fats.

During long runs, practice consuming 30-60 grams of carbohydrates per hour to maintain glycogen stores. Hydrate before, during, and after workouts, adapting intake based on weather and sweat rate.

## **Tips for Sticking to Your 17 Week Marathon Training**

# Plan

Staying motivated and consistent over 17 weeks can be challenging. Here are some practical tips to keep you on track:

## Set Realistic Goals

Define your goals early—whether it's finishing the race, hitting a specific time, or simply enjoying the journey. Having clear objectives helps tailor your training and maintain focus.

## Track Your Progress

Use a running app, journal, or spreadsheet to log your workouts, distances, and how you feel. Tracking progress provides motivation and insight into what's working or needs adjustment.

## Find a Running Community

Joining a local running group or online forum creates accountability and social support. Training partners can make tough workouts more enjoyable and provide encouragement.

## Listen to Your Body

Avoid the temptation to push through pain or fatigue. Prioritize recovery when needed and consult a professional if injuries arise.

## Sample Week from a 17 Week Marathon Training Plan

To give you a clearer picture, here's an example of a typical mid-training week (around week 8):

- **Monday:** Rest or cross-training (yoga or swimming)
- **Tuesday:** Interval workout (6 x 400m at 5K pace with 1:30 rest)
- **Wednesday:** Easy 5 miles
- **Thursday:** Tempo run (3 miles at marathon pace)
- **Friday:** Rest or easy 3 miles

- **Saturday:** Long run (12 miles at comfortable pace)
- **Sunday:** Recovery run or cross-training

This structure balances hard efforts with recovery, preparing your body progressively.

Embarking on a 17 week marathon training plan is a rewarding commitment that transforms your fitness and mindset. With patience, consistency, and smart training choices, the finish line is well within reach. Lace up, trust the process, and enjoy every stride toward your marathon goal.

## **Frequently Asked Questions**

### **What is a 17 week marathon training plan?**

A 17 week marathon training plan is a structured running schedule designed to prepare runners over a period of 17 weeks for a marathon race, gradually increasing mileage and intensity to build endurance and strength.

### **Who is a 17 week marathon training plan suitable for?**

A 17 week marathon training plan is suitable for beginner to intermediate runners who have a basic fitness base and want a balanced approach to safely build up their marathon readiness.

### **How often should I run per week in a 17 week marathon training plan?**

Typically, a 17 week marathon training plan includes running 4 to 5 times per week, incorporating long runs, easy runs, speed workouts, and rest days for recovery.

### **What are the key components of a 17 week marathon training plan?**

Key components include a gradual mileage buildup, weekly long runs, speed or tempo workouts, rest or cross-training days, and tapering in the final weeks before race day.

### **How long should the long runs be in a 17 week marathon training plan?**

Long runs usually start around 6-8 miles and progressively increase up to 18-20 miles, depending on the individual's fitness and experience level.

### **Can I customize a 17 week marathon training plan to fit my**

## **schedule?**

Yes, most 17 week marathon plans can be adjusted to accommodate personal schedules, but it's important to maintain the overall progression and key workouts for optimal results.

## **What is the purpose of the taper period in a 17 week marathon training plan?**

The taper period, usually the last 2-3 weeks before the marathon, reduces training volume to allow the body to recover fully and be in peak condition for race day.

## **How important is cross-training in a 17 week marathon training plan?**

Cross-training is important as it helps improve overall fitness, reduces injury risk by balancing muscle groups, and provides active recovery without the impact of running.

## **What nutrition tips should I follow during a 17 week marathon training plan?**

Focus on a balanced diet with adequate carbohydrates for energy, protein for muscle repair, and hydration. Also, practice race-day nutrition strategies during long runs to find what works best for you.

## **Additional Resources**

17 Week Marathon Training Plan: A Comprehensive Guide for Optimal Performance

**17 week marathon training plan** offers a well-structured and manageable timeline for runners aiming to prepare effectively for a full marathon. Whether you are a beginner seeking to complete your first 26.2-mile race or an experienced runner looking to improve your personal best, this duration strikes a balance between sufficient preparation and injury prevention. In this professional review, we will examine the components, benefits, and considerations of a 17-week marathon training plan, integrating insights on pacing, recovery, nutrition, and adaptability to varying fitness levels.

## **Understanding the 17 Week Marathon Training Plan Framework**

A 17-week marathon training plan typically encompasses progressive phases that target endurance building, speed development, and race-day readiness. Unlike shorter plans that may last 12 weeks or less, the extended 17-week schedule allows for gradual mileage increases, which can reduce the risk of overuse injuries and mental burnout. This timeline is particularly advantageous for novice runners who require ample time to condition their bodies and develop consistent running habits.

The core structure of a 17-week plan often includes:

- Base building phase (Weeks 1-5): Focus on establishing a running routine and increasing weekly mileage steadily.
- Endurance and strength phase (Weeks 6-11): Incorporation of long runs and tempo workouts to enhance aerobic capacity and muscular endurance.
- Speed and race preparation phase (Weeks 12-15): Introduction of interval training and race pace runs to sharpen speed and efficiency.
- Tapering phase (Weeks 16-17): Reduction in mileage to facilitate recovery and peak performance on race day.

This progression is designed not only to improve physical capabilities but also to cultivate mental resilience, a crucial aspect of marathon success.

## **Key Components of a 17 Week Marathon Training Plan**

Multiple elements contribute to the efficacy of a marathon training plan, and the 17-week variant is no exception. Let us delve into the critical features that shape its effectiveness:

### **1. Mileage Progression and Weekly Structure**

Gradual mileage escalation is fundamental to avoiding injury. Most 17-week programs recommend a weekly mileage increase of about 10%, with recovery weeks incorporated every 3 to 4 weeks where mileage is decreased by 20-30%. A typical week might include:

- 1 to 2 easy runs focused on aerobic conditioning
- 1 long run to build endurance, increasing in distance up to 20-22 miles
- 1 speed or tempo session to stimulate lactate threshold adaptations
- Cross-training or rest days to promote recovery and prevent overtraining

Such structured diversity in workouts optimizes physiological adaptations while mitigating injury risk.

### **2. Integration of Cross-Training and Strength Work**

Cross-training activities such as cycling, swimming, or elliptical workouts enhance cardiovascular fitness without additional impact stress on joints. Strength training, especially focusing on the core, glutes, and lower body, supports running biomechanics and injury prevention. The 17-week plan allows sufficient time for runners to incorporate these complementary workouts without

compromising marathon-specific training.

### 3. Nutrition and Hydration Strategy

Sustaining energy levels through adequate nutrition is imperative during a marathon training cycle. The extended 17-week plan facilitates experimentation with fueling strategies—carbohydrate loading, electrolyte replacement, and hydration protocols—during long runs. This practical approach can significantly improve race-day performance by minimizing gastrointestinal issues and bonking.

## Benefits of a 17 Week Marathon Training Plan Compared to Shorter Plans

While some runners prefer condensed training schedules of 12 or 14 weeks, the 17-week plan offers distinct advantages:

- **Reduced injury risk:** The slower buildup allows tendons, muscles, and ligaments to adapt progressively.
- **Better psychological preparation:** More time to develop confidence and mental toughness.
- **Time to address weaknesses:** Allows space to improve running form, strength deficits, or flexibility issues.
- **Flexibility for life events:** Longer duration accommodates unexpected disruptions such as illness or scheduling conflicts.

However, a potential downside is the possibility of burnout if the plan is not tailored carefully to individual recovery needs.

## Implementing the 17 Week Marathon Training Plan: Practical Considerations

When adopting a 17-week training schedule, several practical factors influence outcomes, ranging from personal fitness level to environmental conditions.

### Customization Based on Experience Level

For beginners, the plan should start with lower mileage and emphasize walking breaks or run/walk intervals. Intermediate to advanced runners can incorporate more high-intensity workouts such as hill repeats and tempo runs earlier in the plan. Importantly, the plan must remain adaptable; listening to

one’s body and modifying sessions as needed is vital to prevent overtraining.

Monitoring Progress and Injuries

Data tracking tools—GPS watches, heart rate monitors, and training apps—can enhance self-awareness and training effectiveness during the 17 weeks. Monitoring weekly mileage, pace zones, and recovery status enables informed adjustments. Attention to early signs of injury, such as persistent pain or fatigue, should prompt rest or professional consultation.

Race Day Simulation

In the final weeks, especially around weeks 14-16, the plan often recommends race pace runs and nutrition trials that mimic marathon conditions. This preparation helps runners fine-tune their pacing strategy and understand how their bodies respond to various fueling scenarios.

Comparative Overview: 17 Week Plan vs Other Marathon Training Durations

A comparative analysis highlights how the 17-week training plan fits within broader marathon preparation paradigms:

Training Duration	Target Audience	Pros	Cons
8-12 Weeks	Experienced runners, time-constrained	Quick preparation, intense workouts	Higher injury risk, less recovery time
14 Weeks	Intermediate runners	Balanced progression, moderate volume	May be rushed for beginners
17 Weeks	Beginners to advanced	Gradual buildup, reduced injury risk, adaptive	Requires sustained motivation
20+ Weeks	Advanced runners, ultra-preparation	Ample time for endurance and strength	Risk of overtraining if not managed

This comparison underscores the 17-week plan’s versatility and safety profile, making it a popular choice among marathoners.

Essential Tips for Maximizing the 17 Week Marathon Training Plan

- **Prioritize recovery:** Incorporate rest days and sleep hygiene to optimize adaptation.
- **Listen to your body:** Adjust training intensity based on fatigue and minor aches.
- **Consistency over intensity:** Regular moderate training yields better results than sporadic high-intensity sessions.
- **Strengthen mental resilience:** Use visualization and goal setting to maintain motivation.
- **Test gear and nutrition early:** Avoid surprises on race day by trialing shoes, clothing, and fueling strategies during training.

These strategies align well with the progressive nature of the 17-week marathon training plan and contribute to a successful marathon experience.

The 17-week marathon training plan has earned recognition for its comprehensive approach to preparing runners physically and mentally for race day. By accommodating gradual mileage increases, diversified workouts, and recovery emphasis, it addresses common pitfalls encountered in marathon training. Runners who commit to such a plan often find themselves better equipped to handle the rigors of marathon running with confidence and resilience.

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**17 week marathon training plan: Overthinking the Marathon** Ray Charbonneau, 2013  
Overthinking the Marathon is an intimate look at one man's preparation for his 21st marathon. Reading Overthinking the Marathon is like having Ray as your partner for a season of training, 17 weeks that culminate in the 2012 Cape Cod Marathon. Some days Ray talks about the nitty-gritty details, other days, it's about the things that make running interesting and fun, even - no, especially - when it hurts. Training for his marathon is important to Ray, but he leavens his obsessiveness with a dry humor that acknowledges that one mid-packer's race isn't going to change the world. Ray Charbonneau insists he hasn't written a marathon guide, and he's right. Instead, he's loaning himself out as a thoughtful, veteran, and funny training partner. You couldn't find a better one as you get ready for your next 26.2-miler. -Amby Burfoot, 1968 Boston Marathon winner and Editor-At-Large, Runner's World  
Marathon running is the easy part. It's the thinking that's the challenging part for the long-distance runner. Ray shares his internal dialogue with us as he readies himself for one more attempt at 26.2. -Dave Goodrich, the Marathon Maine-iac (Marathon Maniac #238)  
Ray is the opposite of me: he's speedy, understands math, and cares about the weather. I have instructed his cat to keep him awake until he agrees to pace me. -Vanessa Rodriguez, author of The Summit Seeker: Memoirs of a Trail Running Nomad

**17 week marathon training plan: Daniels' Running Formula** Jack Daniels, 2022 In the

fourth edition of Daniels' Running Formula, legendary running coach Jack Daniels has refined his revolutionary VDOT system, providing more precise training pace plans and expanding coverage of ultradistance training, triathlon preparation, and training in challenging environments.

**17 week marathon training plan: Daniels' Running Formula-3rd Edition** Jack Daniels, 2013-12-31 Get in the best shape of your running career! Daniels provides a results-proven formula to guide you through training at the right intensity to run stronger, longer, and faster. Each program incorporates training intensities to help you build endurance, strength, and speed.

**17 week marathon training plan: The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training** Mario Fraioli, 2013-04-01 Rock your run with The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training! This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

**17 week marathon training plan: Walk Your Way Fit** Sarah Zahab, 2025-07-31 Walk Your Way Fit offers proven walking programs for all fitness levels and goals. It covers topics such as walking form, strength exercises, dynamic warm-ups, active and static stretches, modifications, and amplification tips and strategies, helping readers find enjoyment and success in reaching their health and fitness goals.

**17 week marathon training plan: Runner's World Complete Book of Running** Editors of Runner's World Maga, 2009-12-22 Revised and updated edition of the popular book on everything you need to know about running.

**17 week marathon training plan: Developing Endurance** NSCA -National Strength & Conditioning Association, Ben Reuter, 2012-02-29 Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. Developing Endurance shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

**17 week marathon training plan: Runner's World Guide to Cross-Training** Matt Fitzgerald, 2004-10-15 Features everything runners need to know about the best cross-training programs available, including a series of strength exercises, non-impact cardiovascular activities, and suggestions on how to integrate running and cross-training. Original. 20,000 first printing.

**17 week marathon training plan: Boston Bound** David Venable, 2011-04

**17 week marathon training plan: Hansons Marathon Method** Humphrey Luke, 2012-11-27 In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. Hansons

Marathon Method offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. Hansons Marathon Method does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

**17 week marathon training plan: Flourishing in Community** Joel A. Kime, 2024-12-27

When observing culture, the word "together" frequently occurs. The normal usage of the word "together" seems to assume that if people just get together, they will heal the division in their culture. Unfortunately, Christians have too often behaved poorly together, sometimes causing further division, while unfaithfully representing the gospel. What kind of togetherness, then, brings human flourishing? *Flourishing in Community* will guide the reader in a study of the Scriptures through the lens of theology to learn how the church can together learn and live according to God's heart, which leads to human flourishing. The American church especially needs to learn this togetherness in these divisive times.

**17 week marathon training plan: Mastering Running** Cathy Utzschneider, 2014-06-25

Mastering Running, regardless of your age, optimal performance and new personal bests await. Cathy Utzschneider, highly accomplished and renowned masters runner and coach, has created the definitive guide for runners, athletes, and fitness buffs. Runners from 30 to 100 will benefit from the targeted approach that covers these aspects: • Evaluating and refining running form to improve speed and endurance • Exercises, stretches, and routines to prevent common age-related injuries • Training programs for the mile, 5K, 10K, half marathon, and full marathon • Proven strategies, used by today's top runners, that shave seconds off your time Mastering Running contains all the advice and instruction you'd expect from an elite-level coach. With details on segmenting, front running, tapering, recovering, and fueling, Mastering Running is the one guide you'll rely on time and again for a lifetime of serious running.

**17 week marathon training plan: Advanced Marathonning** Pete Pfitzinger, Scott Douglas, 2008-12-19

Shave minutes off your time using the latest in science-based training for serious runners. Advanced Marathonning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathonning provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathonning is simply the most comprehensive and efficient approach to marathonning. If you're ready to achieve your personal best, this book is for you.

**17 week marathon training plan: Running a Marathon For Dummies** Jason Karp, 2012-11-13

Get ready to run the race of your life Marathons in the U.S. have seen record increases in

participation during the past few years. *Running a Marathon For Dummies* helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level. *Running a Marathon For Dummies* gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, *Running a Marathon For Dummies* offers tips and advice for how to continue improving performance through drills, exercises, and other techniques. Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners. Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood. Gives you drills, exercises, and techniques to improve your endurance. Whether you're a couch potato or a regularly hit the asphalt, *Running a Marathon For Dummies* gives you everything you need to run the race of your life.

**17 week marathon training plan: *No Meat Athlete*** Matt Frazier, Matthew Ruscigno, 2018-09-18 A vegan ultramarathoner “provides the roadmap to wellness and performance no matter where the journey takes you” (Scott Jurek, world-renowned Ultramarathon champion and New York Times-bestselling author). Veganism is taking off in the sports world. The lifestyle has been adopted by Olympians, body builders, and boxers, as well as top athletes in the NBA and NFL. Hollywood is on board, too. James Cameron (director of *Avatar* and *Titanic*) has produced a film on the topic called *The Gamechangers*, which follows vegan athletes, including Arnold Schwarzenegger, US Olympian Kendrick James Farris, and surfer Tia Blanco. In *No Meat Athlete*, author, blogger, and hundred-mile ultramarathoner Matt Frazier will show you the many benefits to embracing a plant-based athletic lifestyle, including:

- Weight loss, which often leads to increased speed
- Easier digestion and faster recovery after workouts
- Improved energy levels to help not only athletic performance, but your daily life
- Reduced impact on the planet

In this revised and updated edition, you'll also find new recipes, advice, and an all-new twelve-week strength training plan designed to improve your overall fitness. Section I of the book provides practical advice for transitioning to a plant-based lifestyle, while ensuring you are getting all the nutrition you need. In Section II, Matt delivers training manuals of his own design for runners of all ability levels and ambitions, including tips for creating healthy habits, improving performance, and avoiding injuries. *No Meat Athlete* is your road map to top-notch performance, the plant-based way! “Matt Frazier presents the tools and information . . . in a way that is downright approachable, leaving his readers energized with a sense of possibility.” —Brendan Brazier, Ultramarathon champion, professional Ironman triathlete, and author of *Thrive*

**17 week marathon training plan: *Running Past 50*** Caolan Macmahon, 2024-11-11 *Running Past 50* offers ready-to-use training plans that account for the needs of runners age 50 and over. With science-based practical advice, you can make the purposeful adjustments in training intensity, recovery, goal setting, and mental outlook to enjoy a lifetime of running.

**17 week marathon training plan: *Runner's World***, 2007-07 *Runner's World* magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

**17 week marathon training plan: *The Ultimate Nordic Pole Walking Book*** Klaus Schwanbeck, 2014-01-17 If you are a Walking beginner, an advanced Walker or just walk with friends – this is the right book for you. Based on 400 scientific studies about Walking and Nordic Pole Walking, this book gives a deep, easy-to-read and comprehensive insight into the benefits of Nordic Pole Walking and Walking exercise. It teaches the correct Pole Walking technique and explains the body's physiological adaptation to achieve your fitness and health goals with this easy to perform, low impact exercise. It describes how Nordic Pole Walking, a sport that incorporates more than 90 percent of all body muscles, can prevent and help to cure most common health disorders, like obesity, back pain, high blood pressure, diabetes, arthritis and more. Scientifically proven self-testing tools help to check your actual fitness status and potential health risks. Practical weight loss concepts, nutrition advice and guidelines for lifestyle-changing lead you to a new quality

of life. Detailed training plans from beginner to marathon level make it easy to achieve continuous success.

**17 week marathon training plan:** *Breakthrough Women's Running* Neely Spence Gracey, Cindy Kuzma, 2022-04-06 Breakthrough Women's Running is written just for you—a woman runner who has big goals and needs a plan to achieve them. In her trademark fun and upbeat style, professional runner and coach Neely Spence Gracey will set you up for success with an inside look at her own story in the sport—paired with the science, experience, strategies, and insights that have worked for her and countless other female runners who set challenging goals and achieved them. Told with engaging storytelling and packed with colorful images and practical recommendations to improve your running, Breakthrough Women's Running offers 5K, 10K, half-marathon, marathon, and run-walk training plans to suit your current distance or pacing goals. With the strength and mobility workouts included in the plans, you don't have to wonder where and how to fit in these important (but often overlooked) components of a successful running training program. Learn how to breathe in rhythm and how to focus with mantras and mindfulness exercises. Get specific guidance on how to best manage unique challenges that women confront such as hormone fluctuations; training through the menstrual cycle, while pregnant, or after childbirth; and training while also raising a family. Know how to train to prevent injury as well as how to return to running should an injury occur. And fuel your training with five simple recipes that are nutrient dense and simple to prepare. You'll hear from well-known, successful women runners such as Sara Hall and Nell Rojas on how even elite runners experience highs and lows in their training as well as how they themselves overcame obstacles to reach their goals. At the ends of chapters, you'll find Breakthrough Goals—a section of small, tangible actions that you can apply in your own training to overcome specific obstacles. If you're looking for a strategic and progressive approach for breaking through your physical or mental barriers to achieve more successful and fulfilling running, you've found it with Breakthrough Women's Running.

**17 week marathon training plan:** *Runner's World*, 2008-08 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

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