

Conditioning For Marathon Runners And Endurance Athletes

Conditioning For Marathon Runners And Endurance Athletes **FREE* conditioning for marathon runners and endurance athletes* This long run is, you guessed it, long. Typically reserved for those training for a marathon or ultra, it is a run that is longer than a marathon – usually 27 miles. I personally don't believe it's necessary to run this long to run a good marathon. The injury risk is higher and the endurance benefits reach a point of diminishing returns.

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