

Pete Pfitzinger ir Scott Douglas "Advanced marathoning"

p.5 The average runner's lactate threshold (LT) occurs at about 75-80 percent of his or her VO₂max. Successful marathoners generally have lactate thresholds of 84 to 88 percent of VO₂max; elite marathoners tend to have lactate thresholds of about 88 to 91 percent of VO₂max. This means that elite marathoners can use a larger proportion of their maximal aerobic capacity before lactate starts to accumulate.

p.8 Glycogen is the form of carbohydrate stored in the body, and carbohydrate is the primary fuel used when racing a marathon.

p.10 Increased (heart) stroke volume is the main training adaptation that increases VO₂max.

The hemoglobin content of your blood is important because the higher your hemoglobin content, the more oxygen can be carried per unit of blood and the more energy can be produced aerobically.

p.12 The most effective way to improve LT is to run at your current LT pace or a few seconds per mile faster, either as one continuous run (tempo run) or as a long interval session at your lactate-threshold pace (cruise intervals or LT intervals). The more time you spend close to your LT pace, the greater the stimulus for improvement.

p.13 For marathoners tempo runs are preferable to LT intervals.

p.14 The extra mental toughness required to get through a tempo run when you may not be feeling great will come in handy during a marathon.

p.15 Experience suggests that steadily building your long runs to 34-35 km will maximize your chances of reaching the marathon in top shape while remaining healthy. The most beneficial intensity range for most of your long runs is 10-20 percent slower than your goal marathon pace (MP).

p.16 Per ilgus bēgimus greitēt j galā, kol bēgi 10% lēčiau nei MP.

p.20 Aimlessly running high mileage can lead to chronic overtiredness and burnout. Your training should be focused on a target race such as a marathon.

p.25 Where should you do your MP runs? Races of appropriate distance are ideal – you'll have a measured course, plenty of aid stations, and other runners to work with.

p.28 By tune-up races, we mean all-out efforts, not races in which you give less than your best, such as races you use as the setting for a tempo run or MP run.

p.29 Tempo runs are the easiest to recover from because they don't break down the body as much as other forms of hard training. Long runs (LR) require at least 4 days of recovery to put in a good race effort, although replenishing glycogen stores generally requires only 48 hours.

p.33 It's not unusual to lose 1,4 kg of water per hour when running on a warm day. At this rate, during a 2-hour run you would lose about 2,7 kg. For a 63 kg runner this represents more than a 4 percent loss in body weight and an 8-12 percent decrement in performance.

p.37 When you run, your body burns a mixture of carbohydrate and fat. The harder you run, the higher the proportion of carbohydrate you use; the slower you run, the higher the proportion of fat you use.

p.125 These basics of marathon physiology indicate that the best strategy for the marathon is relatively even pacing. If you run much faster than your overall race pace for part of the race, then you'll use more glycogen than necessary and will likely start to accumulate lactate.

If you ran negative splits for the marathon, chances are that you ran more slowly than optimally during the first half of the race and could have had a faster finishing time.

p.127 Jei stiprus vėjas, bėgti grupėje – advantage.

p.131 If you're 5 seconds too slow, don't try to make up the lost 5 seconds during the next mile; bėgti tuo pačiu greičiu.

p.146 Briefly put, we designed the schedules to provide the optimal stimuli to the physiological systems that most determine marathoning success – **endurance, lactate threshold, and VO₂max, in that order of importance.**