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"Desert Marathon Trainingâ€• tells a very interesting and inspiring journey. Great Common sense stuff you might easily overlook when training or planning for a marathon. There's a lot of good tips, advice, etc, and itâ€™s all very easy to read and understand. Read the whole thing in one night and will use for future references.

### **Desert Marathon Training: Tips for Beginners by Peter Windross**

nAmibla DESeRT CHAILenGE HALF MARATHON TRAINING PLAN TO HELP YOU REACH THE FINISH LINE. 16 WEEK BEGINNER HALF MARATHON TRAINING PLAN WEEK 04 ... of last minute tips for the Namibia Marathon - some youâ€™ll have heard before, but maybe thereâ€™s something

### **nAmibla DESeRT CHAILenGE - in-nam18.com**

THIS 12 WEEK HALF MARATHON TRAINING PLAN IS BROKEN INTO FOUR PHASES BASE BUILDING PHASE. Even though I am an experienced runner, it is still a good idea to start any plan with a base building period. Since I haven't been running a lot lately, I gave myself four weeks to build a base. Depending on your current fitness level, you could shorten this phase.

### **12 Week Half Marathon Training Plan and PDF Download**

Sunday will be painful at first, but after you get warmed up it will feel easier. A great free program to follow is the Santa Clarita Ultra Training program. 4. Practice your nutrition during training and find out what works best for you. Quick tip: Start drinking before you get thirsty. 5.

## **How to Train for Your First Ultra Marathon | ACTIVE**

If you're a faster runner with a goal pace significantly quicker than your training pace, do no more than 10 minutes of light jogging, finishing 15 minutes before the start. Precede and follow your jog with stretching. If you'll be running the marathon at about your training pace, skip the jog.

## **26 Tips for Running Your Best 26.2 | Runner's World**

If you are someone who is setting out for a desert racing adventure that will be testing your endurance, there are some things you should be aware of before embarking on an intense training program and heading out to brave the elements. Here are some of my top tips for training and racing in a desert running event:

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