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Official Documents |
iaaf.org - The Hard/Easy
Rule Take at least one easy
day after every hard day of
training. "Easy" means
a short, slow run, a
cross-training day, or no
exercise at all. The 25
Golden Rules of Long
Distance Running - The
New Rules of Marathon and
Half-Marathon Nutrition: A
Cutting-Edge Plan to Fuel
Your Body Beyond "the
Wall" by Matt Fitzgerald.
From basic tenets of
training to nutrition
guidelines, this is the first
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