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Methods**

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- Marathon training
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Canova. Claves del
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maratón **Canova Style
Marathon Training.**
**Nate Jenkins. Podcast
My Debut Marathon
Buildup | Training
Plan Overview Renato**
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*Canova pt1. Difference
between Kenyans and
nonafrican born (RUS
sub) Canova:*

*observation \u0026 base
building Renato Canova
2014.02.11*

Canova - Something
new in training P1
~~Advanced Marathon
Training with Nike
Running Coach Blue
Benadaum | How To
Run a Faster Marathon~~

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~~Marathon Training~~

~~Books: My top influences and key principles~~ *Simple*

Marathon Training

Book My story:

Nonrunner to Sub-3

Marathoner *Full*

Marathon Training Plan

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Running technique /

Looptechniek ~~Base~~

~~Training for Runners~~ |

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Week half marathon
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Science of Marathon
Running 3 Things To
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Runners Marathon
Training schedule | How
to train for a marathon
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GREATEST EVER~~

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HALF MARATHON

RACE: WORLD

CHAMPIONSHIPS

HALF MARATHON

DANIELS DISTANCE
RUNNING FORMULA

| By Jack Daniels |

Running Book Review

Renato Canova Mile

Training (1600m

Training, 1500m

Training) - Lactic

Capacity, Power \u0026amp;

ResistanceComplete

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Training Plan for Your
FIRST Marathon (STEP-
BY-STEP) The Best
Training Books for
Running: Coach's Top 6
Recommendations

Wilson Kipsang -
Training Secrets Coach
Renato Canova Talks
About Abel Kirui Coach
Renato Canova speaks
about marathons in 2011
and preview about 2012
Heart Rate Training

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with 2:21 Marathoner

Jason Cherriman

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Marathon Training

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Marathon Training

(Mileage) Traditionally,

it has been thought that

a marathoner must

always run prodigiously

high volumes—upwards

of 20 miles a day for the

top athletes. In contrast,

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James Kwambi and Duncan Kibet only run 80-90 miles a week, often only running once per day. However, other elite marathoners like Martin Lel and Robert Cheruiyot maintain 135-150 miles per week.

Renato Canova -
Marathon Training
(Mileage)

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“Training is not the work you do but the effect it has on your body” The premise of Renato’s training is to extend an athlete’s ability to last a given pace, otherwise put, extend the length of time an athlete can run at the specific goal race pace until you reach the full race distance. Thus every event is matter of

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Marathon

extension.

Training

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Coach Renato Canova
training methodology |
Running Science
So, when Renato says
"90% of 5:00 pace," he
means "10% slower
than 5:00 pace." To
compute this, you do the
following: $5:00/100*10$
 $+ 5:00 = 5:30$ pace Here
are two simple formulas

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that will aid you in
calculating "Renato
Canova percents": To
calculate the resultant
pace N by going P
percent of race race
(RP) $N = RP * (2 - P/100)$

Elite Marathoning with
Renato Canova: The
Training of ...
The first method
examined is the

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**MEDIUM PACED
PROGRESSIVE RUN,**
which is done in a time
limit of 1 hr. to 1 hr. 30'
at a speed relative to
marathon race pace
(M.R.P) which varies
from an initial 85% to
the final 100%.

Marathon Training
Methods

Marathon Training
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Methods By Renato

Canova. He coaches the Kenyan-born Qatari Saif Saaeed Shaheen (3000m

steeplechase world record holder), 10,000 meter runner Nicholas Kemboi (26:30.03),

Dorcus Inzikuru (2005 World 3000m steeplechase

Champion), Moses

Mosop (2005 World

Championships 10000m

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Marathon
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bronze medalist and
2007 World Cross
Country Championships
silver medalist, and
25000m and 30000m
world record holder in
1:12:47.4 and
1:26:25.4), Florence
Kiplagat (2009 World
Cross Country
Champion and ...

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Methods By Renato

Canova |

RunnerUniverse

Canova gives the

example of a 1:44 800m

runner who, during the

special period,

progressed to 5x400m in

50 seconds with 5

minutes of recovery.

During the specific

period, this workout can

evolve in two directions,

either adding more

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repeats (6x400m, same recovery) or extending the repeats (4x500m in 63sec, same recovery).

Renato Canova's
"Special Period"
Example Training
Sessions
Marathon Training
Methods . By Renato
Canova (ITA) The
author of this article is

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Marathon Training Methods

based in Italy and during his more than 20 years experience in coaching the marathon he has produced numerous champions. In 1998 he attended one of the Nairobi RDC's High Altitude Training Camps as a Coach and Lecturer.

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Methods by Renato
Canova

Canova recommends the following for total interval workout volume for each group: 10,000m runners: 10-12km Half-marathon: 12-15km Marathon: 20-30km Marathon and half-marathon runners also do a fast-paced long run as part of their special training (and will

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Marathon Training Methods

continue to do so into the specific period).

Something New in
Training - Running
Science

So you can also do interval workouts at these speeds (69-72 per 400m), using longer distances and shorter recoveries. Canova also mentions 800m runners

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doing 20-40min

continuous runs at

1.4-1.5x race pace

(3:30-3:45/km for you).

Each of the endurance

workouts supports your

ability to run the next

"level" up of speed.

Something New in

Training: The Methods

of Renato Canova

In this type of marathon

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training the athlete runs a lot of marathon paced work every week, sometimes in multiple workouts per week throughout the training cycle with 15 to 30 miles of marathon paced work run each week during the specific phase. Second long hard runs of around marathon distance run at 90 to 95% of marathon pace.

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Training

Nate Jenkins Training:
Canova, Sondre Moen
and the lack of ...

$N = RP * (2 - P / 100)$ As
you can verify yourself,
this formula works
equally well if P is
greater or less than 100
percent. For 110% of
5-minute mile pace, $N =$
 $5 * (2 - 110 / 100) = 4.5$
minutes per mile, or

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4:30 mile pace. For 90%
of 5k pace, $N = 5^*$
 $(2-90/100) = 5.5$
minutes per mile or 5:30
mile pace.

Preparing for
championship races
with Renato Canova
Title [EPUB] Renato
Canova Marathon
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Author:

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Marathon Training

Methods Pdf - the

marathon, as does

Canova I will lay out a synopsis and analysis of the training methods of Renato Canova and explore this concept of “something new in training”: namely, why Kwambai and Kibet can

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run relatively low
mileage and have
success ...

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Philosophy.
LetsRun.com thread:
Letsrun.com on Renato
Canova. Summarized
philosophy (including

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other distances):

Summarized Renato
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Principles. I hope you liked the article. Please share it if you did—and don't forget to sign up for The 100 Day Marathon newsletter to receive updates like this in the future. All ...

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The 100 Day Marathon

Training Blog

Renato Canova

Marathon Training

Methods Author: electio

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than you ever thought possible! The Science of Running-Steve Magness
2013-03-12 Reviews of The Science of Running: The Science of Running sets the new standard for ...

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El pasado mes de
septiembre Cárnicas
Serrano organizó una
jornada centrada en el
entrenamiento de
Maratón en la que contó
con la presencia de
Renato Canova, ...

El método Renato
Canova. Claves del
entrenamiento de ...

The success of the

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training systems of leading Italian endurance coach Renato Canova (who has trained many top Kenyan runners – see below) and others provides real world support for the view that this kind of intense training is important in preparing a successful marathon. Examples of Canova's recommended

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Marathon sessions are given in ...

Training Methods

Marathon training:
learning lessons from
the elites

For half-marathon
training, you can run
between 30-40 minutes,
alter- nating between
10k and marathon pace.
World renowned coach
Renato Canova

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Marathon Training Methods

alternates 400m at 10k
pace and 1,000m at
marathon ...

How to run your best
half-marathon -
Canadian Running
Magazine

After a surprise fifth
place at the November
marathon, Allie Kieffer
is eyeing 2020. ...
though Kieffer is also

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receiving guidance from
famed Italian coach
Renato Canova while
training in Iten. ...

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