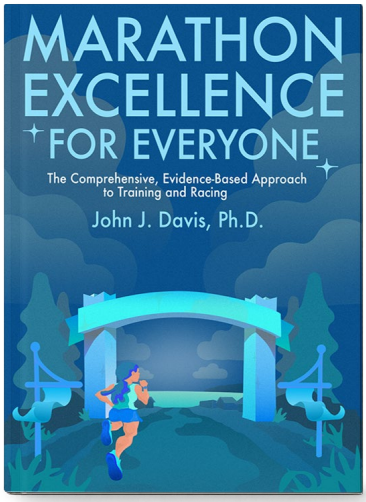
Marathon Excellence for Everyone

The Comprehensive, Evidence-Based Approach to Training and Racing

About the Book



Marathon Excellence for Everyone lays out an in-depth, evidence-based approach to training and racing that will transform you from an ordinary runner into a fearsome marathon specialist.

With the *Marathon Excellence* approach, you'll use targeted workouts across the full spectrum of speeds to improve the physiological roots of marathon performance, then hone your fitness with long, fast, marathon-specific workouts paired with generous recovery.

Whether you're making your first serious attempt at the marathon, aiming for a Boston qualifier, or gearing up to compete in the elite field, this book is your authoritative guide to marathon training.

*Go to **MarathonExcellence.com** or scan the QR code to learn more*

About the Author

John J. Davis, Ph.D. is a coach, writer, and scientist. He has been coaching marathoners ranging in experience from complete novices to elite field competitors for over 12 years. From 2013 to 2017, he was an assistant coach at Edina High School, which made four consecutive appearances at Nike Cross Nationals during his tenure. John earned his Ph.D. in human performance from Indiana University in 2023 and has spoken at international conferences and athletics competitions on the science of running injuries and running performance. His work has been featured in publications including *Runner's World*, *Running Times*, and *Men's Health*. His website, RunningWritings.com, has been publishing articles on the art and science of training since 2011. His first book, *Modern Training and Physiology for Middle and Long-Distance Runners*, was published in 2013. John has a personal best of 2:29 in the marathon and was an all-conference steeplechaser for Carleton College, where he studied chemistry. He lives in Minneapolis, Minnesota.

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