

Breaking 2000: The Ultimate Guide to Running a Sub-2000 Marathon



Breaking 2000 by Alex Polyakov

★★★★☆ 4.2 out of 5

Language : English

File size : 311 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

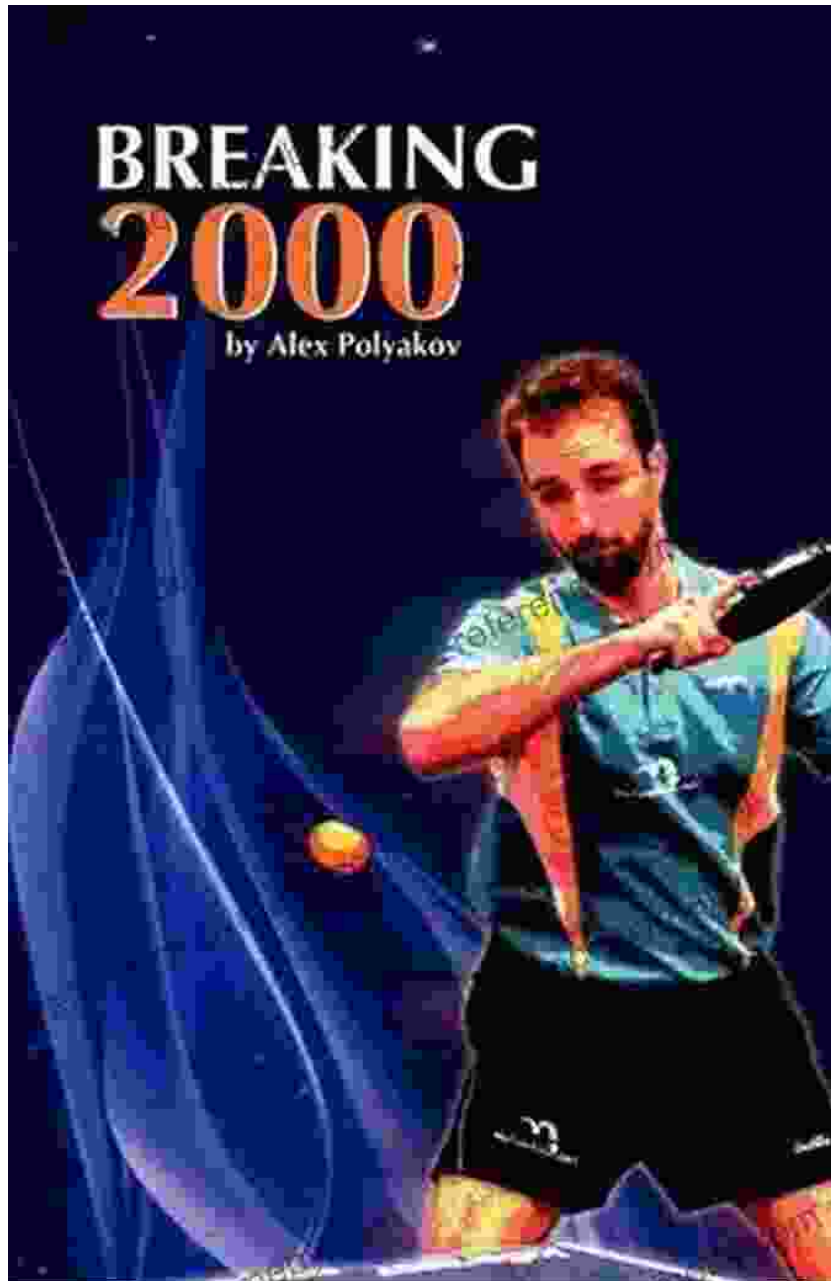
Word Wise : Enabled

Print length : 142 pages

Lending : Enabled



By Alex Polyakov



Are you ready to take your marathon running to the next level? If you're aiming to break the 2000-minute barrier, then you need *Breaking 2000: The Ultimate Guide to Running a Sub-2000 Marathon*.

Written by renowned running coach Alex Polyakov, this book provides everything you need to know to achieve your marathon goals. From training

plans to nutrition advice, pacing strategies to mental preparation, *Breaking 2000* covers it all.

What's inside *Breaking 2000*?

- **Training plans for all levels of runners**, from beginners to experienced marathoners
- **Nutrition advice** to help you fuel your training and race day
- **Pacing strategies** to help you run your best marathon
- **Mental preparation techniques** to help you stay focused and motivated
- **Race day tips** to help you cross the finish line in under 2000 minutes

If you're serious about running a sub-2000 marathon, then *Breaking 2000* is the book for you. Free Download your copy today and start your journey to marathon success!

About the Author

Alex Polyakov is a renowned running coach and author. He has coached hundreds of runners to achieve their marathon goals, including several sub-2000 marathoners. Alex is also the founder of the Breaking 2000 Marathon Club, a global community of runners dedicated to breaking the 2000-minute barrier.

Testimonials

"*Breaking 2000* is the most comprehensive guide to marathon running that I've ever read. Alex Polyakov covers everything you need to know to

achieve your marathon goals." - **Hal Higdon, author of *Marathon: The Ultimate Training Guide***

"Alex Polyakov is one of the best running coaches in the world. His book, *Breaking 2000*, is a must-read for any runner who wants to achieve their marathon goals." - **Jeff Galloway, author of *Galloway's Book on Running***

"I'm so glad I read *Breaking 2000* before my first marathon. Alex Polyakov's advice was invaluable, and I was able to run a sub-2000 marathon on my first try!" - **Sarah Brown, marathoner**

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