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Training Secrets Coach Renato Canova  
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~~Canova speaks about marathons in 2011  
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with 2:21 Marathoner Jason Cherriman~~

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Renato Canova Marathon Training  
Methods

Renato Canova – Marathon Training  
(Mileage) Traditionally, it has been thought  
that a marathoner must always run

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prodigiously high volumes—upwards of 20 miles a day for the top athletes. In contrast, 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.

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Renato Canova - Marathon Training  
(Mileage)

“ 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

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at the specific goal race pace until you reach the full race distance. Thus every event is matter of extension.

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Coach Renato Canova training  
methodology | Running Science

So, when Renato says "90% of 5:00 pace," he

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

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Elite Marathoning with Renato Canova: The Training of ...

The first method examined is the 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

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the final 100%.

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Marathon Training Methods

Marathon Training Methods By Renato

Canova. He coaches the Kenyan-born

Qatari Saif Saaeed Shaheen (3000m

steeplechase world record holder), 10,000



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meter runner Nicholas Kemboi (26:30.03),  
Dorcus Inzikuru (2005 World 3000m  
steeplechase Champion), Moses Mosop  
(2005 World Championships 10000m  
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

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Kiplagat (2009 World Cross Country  
Champion and ...

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Marathon Training Methods By Renato  
Canova | RunnerUniverse

Canova gives the example of a 1:44 800m  
runner who, during the special period,

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

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Renato Canova's "Special Period" Example  
Training Sessions

Marathon Training Methods . By Renato Canova (ITA) The author of this article is 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

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RDC 's High Altitude Training Camps as a  
Coach and Lecturer.

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Marathon Training Methods by Renato  
Canova

Canova recommends the following for total  
interval workout volume for each group:

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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 continue to do so into the  
specific period).

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## Methods 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 doing 20-40min continuous runs at 1.4-1.5x race pace (3:30-3:45/km for you). Each of the

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endurance workouts supports your ability to run the next "level" up of speed.

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Something New in Training: The Methods  
of Renato Canova

In this type of marathon training the athlete runs a lot of marathon paced work every



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Methods  
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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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 4:30 mile pace.

For 90% of 5k pace,  $N = 5 * (2 - 90 / 100) = 5.5$

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minutes per mile or 5:30 mile pace.

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Preparing for championship races with  
Renato Canova

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Training Methods Pdf Author:  
itwiki.emerson.edu Subject: Download

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Renato Canova 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 run relatively low mileage and  
have success ...

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

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Methods  
Training 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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Train like a Champion - The 100 Day

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Marathon Training Blog

Renato Canova Marathon Training

Methods Author: electionsdev.calmatters.or

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And you 'll soon be running faster 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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Renato Canova Marathon Training  
Methods | mercury.wickedlocal

El pasado mes de septiembre C á rnicas  
Serrano organiz ó una jornada centrada en  
el entrenamiento de Marat ó n en la que  
cont ó con la presencia de Renato Canova,  
...

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El m é todo Renato Canova. Claves del  
entrenamiento de ...

The success of the 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

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Methods  
of intense training is important in preparing a successful marathon. Examples of Canova ' s recommended marathon sessions are given in ...

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Marathon training: learning lessons from the elites

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Methods  
For half-marathon training, you can run between 30-40 minutes, alternating between 10k and marathon pace. World renowned coach Renato Canova alternates 400m at 10k pace and 1,000m at marathon ...

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

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