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HEALTH & WELLNESS



In Flight Running Archives Available

**May 1st 2015: Getting Prepared For Marathon
Training Season**

Every year as spring fades and summer begins runners all over the world start training for fall and winter marathons and half marathons. But before runners start building up those training miles spring time is a great time to reflect on their recent performance, decide which races they will run during the upcoming season and what strategies they need to put into play to finish their first race or earn that new personal record. During In Flight Running episode #5, Coach Michael Merlino offers up some tips on how to map out your next training and racing season leading up to your next big race.

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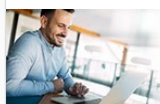
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