
Marathon training While on P90X?

Posted by mailbox head - 2008/05/08 23:22

I'm currently running 70 miles per week and have no plans to discontinue that. I just purchased P90x to add as core training and to help get rid of some extra body fat. Anybody have experience with running fairly high mileage while on this plan?

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Re:Marathon training While on P90X?

Posted by Les - 2008/05/09 05:01

I haven't done it, but it's doable by simply following the double program. it would be tough on Plyo and Legs days for obvious reasons (your legs will simply scream, well I guess you're used to that)

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