

# Marathon: The Ultimate Training Guide (Paperback)

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## Reviews

*Completely essential go through book. It really is simplistic but excitement inside the 50 % of the pdf. I am very easily will get a satisfaction of studying a composed book.* (Damian Pouros)

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## MARATHON: THE ULTIMATE TRAINING GUIDE (PAPERBACK)



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Rodale Incorporated, United States, 2011. Paperback. Condition: New. 4th ed.. Language: English . Brand New Book. Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment. Marathons and - more than ever - half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years. New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people s ability to train intelligently, means the time is right for a new edition of longtime Runner s World contributor Hal Higdon s classic guide to taking the guesswork out of preparing for a marathon, whether it is a reader s first or fiftieth. Since its original publication in 1993, Higdon s definitive manual has sold over a quarter of a million copies through all channels. The book is such a consistent seller for many reasons, but above and beyond all the others is this one: It works. At the core of the book remains Higdon s clear and essential information on training, injury prevention, and nutrition. With more than 25 per cent new material, this fourth edition of a running classic will be a must-own for both longtime runners and those new to the sport.

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