



A Guide to Running Your First Marathon (Paperback)

By Doug Limbrick

Publicious Pty Ltd, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For many novice and even some experienced runners completing the 42.2 kilometres (26 miles) involved in running a marathon seems daunting and too difficult to contemplate. For those who have run a half marathon the thought of running two half marathons back to back may seem impossible. However this short book has been written to demonstrate that most runners can complete a marathon and then it provides the information about how to go about preparing for the event, running the marathon and recovering. The book includes advice about: the long run; speed work; stretching; food; clothing and shoes; injuries (prevention and treatment); hydration; the taper; tactics; the race day; and recovery. It also has a proposed three-month training program with day-by-day advice.



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