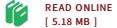


DOWNLOAD PDF

Run Your First Marathon: Everything You Need to Know to Make it to the Finish Line

By Gloria Averbuch, Grete Waitz

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Run Your First Marathon: Everything You Need to Know to Make it to the Finish Line, Gloria Averbuch, Grete Waitz, Run Your First Marathon: Everything you need to know to make it to the finish line is a practical, accessible and realistic guide to training and preparing for your first marathon. It provides an overview of all aspects of preparation - from making the initial commitment to marathon training, and buying running shoes and clothes, to nutrition, how to use running breaks in long-distance runs, and how personality and motivation affect everybody's training differently. For anyone thinking of running a marathon for the first time, this is essential reading that both clearly explains the size of the task ahead - something most other books on the subject skip over - and encourages you to do it!.



Reviews

This pdf is definitely not straightforward to get started on studying but extremely exciting to see. It generally does not charge an excessive amount of. Your lifestyle period is going to be convert once you full looking over this publication. -- Elliott Rempel MD

This ebook could be well worth a study, and superior to other. It really is basic but unexpected situations inside the 50 % of your ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding. -- **Prof. Buford Ziemann**

DMCA Notice |Terms