



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!



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