



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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Reviews

The book is simple in read safer to comprehend. It is writter in straightforward words and phrases instead of confusing. You wont truly feel monotony at anytime of your time (that's what catalogues are for concerning in the event you request me).

-- **Brannon Koch**

A whole new eBook with a new point of view. It can be rally fascinating throgh studying period of time. I am delighted to explain how this is actually the finest book i have read through during my very own life and could be he best publication for at any time.

-- **Scarlett Stracke**