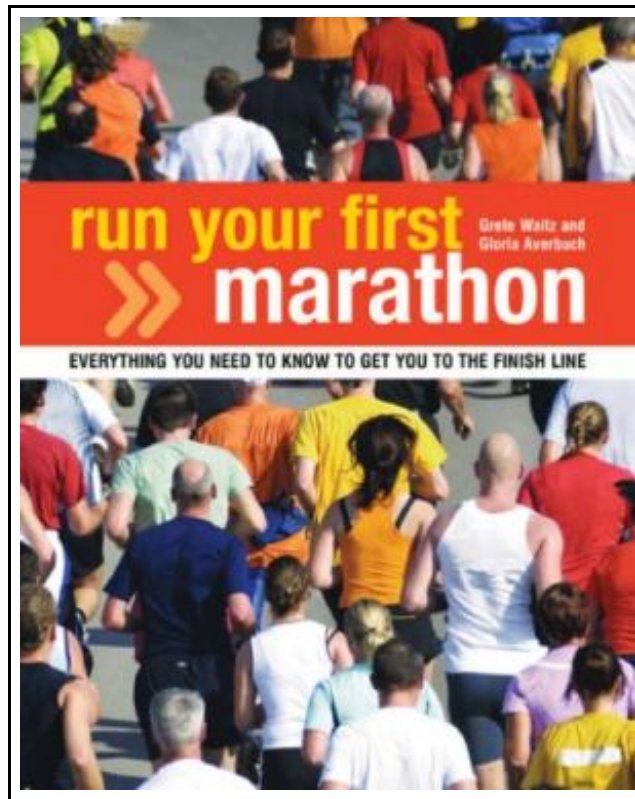


Run Your First Marathon: Everything You Need to Know to Make it to the Finish Line



Filesize: 2.61 MB

Reviews

Great e book and helpful one. It really is written in straightforward terms and not hard to understand. You can expect to like how the blogger wrote this book.
(Hudson Christiansen)

RUN YOUR FIRST MARATHON: EVERYTHING YOU NEED TO KNOW TO MAKE IT TO THE FINISH LINE



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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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