

[Free PDF File] How to Lose a Marathon: A Starter's Guide to Finishing in 262 Chapters

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In *How to Lose a Marathon*, Joel Cohen takes listeners on a step-by-step journey from being a couch potato to being a couch potato who can finish a marathon. Through a hilarious combination of running tips and narrative, Cohen breaks down the misery that is forcing yourself to run. From chafing to the best times to run, explaining the phenomenon known as the "Oprah Line", and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner's experience. Offering both real advice and genuine commiseration with runners of all skill levels, *How to Lose a Marathon* lets you know that even if you believe that the "runner's high" is a complete myth, you can still survive all 26.2 miles of a marathon.

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