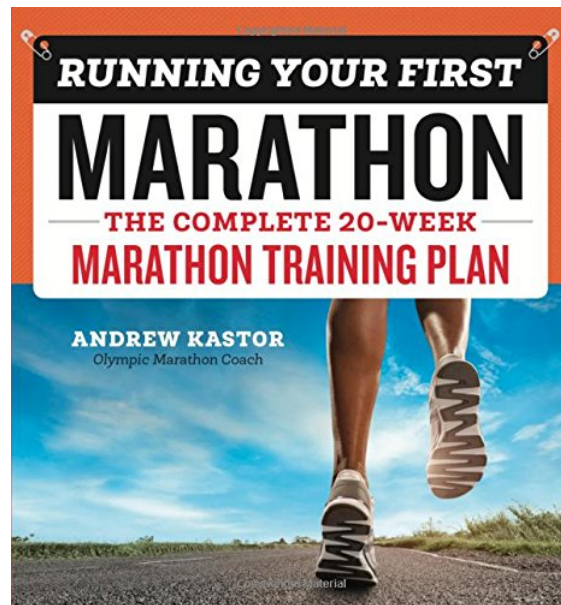


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Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Just as Andrew has helped me on my journey, he is sure to help you on yours. Ryan Hall, US Olympic Marathoner, holder of the US record in the half marathon, and marathon training expert As a marathon training coach for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor's marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, Running Your First Marathon is the only coaching you'll need to go the distance. Running Your First Marathon lays out a goal-oriented marathon training program with: "Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential." Shalane Flanagan, Olympic Silver Medalist, NYC Marathon champion, American record holder, and marathon training pro

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