



Marathon Training

By Nikalas Cook

Robert Hale Ltd. Hardcover. Book Condition: New. Hardcover. 144 pages. Dimensions: 8.6in. x 7.2in. x 0.9in. An experienced personal trainer describes how to go from non-running to marathon success in 28 weeks. Every year, thousands of people are inspired to don their running shoes and take on the challenge of a marathon. On the road to the finish line, though, many marathon hopefuls fall by the wayside, struck down by injury. Plans that are too running-intensive or that don't prepare the body for running and ignore correct technique are largely to blame. Nikalas Cook adopts a cross-training approach to running. He incorporates functional strength training, complementary activities such as cycling and swimming, and only three focused running sessions per week into his plan to deliver runners to the finish line completely prepared and injury-free. In 28 weeks, readers can go from complete non-runners, through their first 5k, 10k, half-marathon, and finally to success in the full 26.2 miles of the marathon. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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