



# MARATHON RUNNING FOR MORTALS

A regular person's guide  
to the joy of running or  
walking a half-marathon  
or marathon

**JOHN BINGHAM** COLUMNIST FOR  
AND COACH **JENNY HADFIELD**

**RUNNER'S**  
WORLD

# Marathon Running For Mortals

**Hal Higdon**



## **Marathon Running For Mortals:**

**Marathoning for Mortals** John Bingham, Jenny Hadfield, 2003-05-02 As Runner's World's columnist and poster child for adult onset athletes John the Penguin Bingham offers the ultimate introduction to long distance running and walking

*Marathon Running for Mortals* John Bingham, Jenny Hadfield, 2004 Once considered a feat for superhuman athletes alone the marathon is now within the reach of any ordinary person This guide contains eight different training programmes the advice you need physically mentally and emotionally and tips to help you customise your training *Running for Mortals* John Bingham, Jenny Hadfield, 2007-05-01 The authors of Marathoning for Mortals John The Penguin Bingham and Coach Jenny Hadfield MA CPT now show beginning runners how to fit running into their lifestyle easily You don't have to run fast or competitively to reap the rewards that running has to offer What you do need is the courage to start That is the Penguin mantra that has enabled John Bingham through his best selling book No Need for Speed his popular monthly column for Runner's World magazine and his many appearances at major running events throughout the year to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them By teaming up with coach Jenny Hadfield his wife and coauthor on Marathoning for Mortals Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules In this book backed by Runner's World the authority of America's leading running magazine the authors provide tips for getting started sticking to a routine eating for energy hydration and training for speed and endurance Run Wild Boff Whalley, 2012-07-05 Boff Whalley just likes running the places it takes

him the moments of exhilaration and snapshots of natural beauty that he adds to his mental album This is not a man who signs up to big city marathons and pounds the pavements With his down to earth voice and a great sense of humour Boff writes about how running brings a real world of discovery and adventure from reaching the top of a mountain with the sun at your back and moon in front creating two shadows to running up Mt Fuji on a break from work For Boff running is about freedom experiencing of the world your place in it and generally just enjoying yourself Running is a way to get back to that simplest of relationships the one between our feet and the earth *Running Times*, 2007-01 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner's worldview

**An Accidental Athlete** John Bingham, 2024-01-11 Known by fans as The Penguin for his back of the pack speed John Bingham is the unlikely hero of the modern running boom In his new book the best selling author and magazine columnist recalls his childhood dreams of athletic glory sedentary years of unhealthy excess and a life changing transformation from couch potato to adult onset athlete Overweight uninspired and saddled with a pack and a half a day smoking habit Bingham found himself firmly wedged into a middle age slump Then two frightening trips to the emergency room and a conversation with a happy piano tuner led him to discover running and changed his life for the better Inspiring poignant hilarious and heartbreaking An Accidental Athlete is a warm and engaging

book for the everyday athlete Bingham tells stories of the joys of running the pride of the finisher's medal a bureau busting t shirt collection intense back of the pack strategizing An Accidental Athlete is about one man's discovery that middle age was not the finish line after all but only the beginning Running Doc's Guide to Healthy Running Lewis G.

Maharam,2013-09-13 For a runner injury is a terrible fate Yet every year nearly half of America's runners suffer an injury severe enough to bring them to a halt Trust the Running Doc to get you back on your feet Dr Lewis G Maharam MD is the most trusted authority on running health and running injuries and his guide will help you avoid or fix nearly every common running related injury If you're already injured Running Doc's book will help you diagnose treat and recover to run pain free From head to toenails Running Doc's Guide to Healthy Running is the most comprehensive guide to running injuries and preventative care Running Doc offers simple effective treatments for every common running injury and also delivers easy to follow advice on the best way to prepare for and enjoy running events of all types and distances Running Doc's Guide to Healthy Running addresses How running is good for your health Healthy training programs for races and running events Choosing running shoes for your gait and feet Guidelines for running in cold weather hot weather and dry climates Safe and healthy marathon and half marathon training Running with a cold the flu and aches and pains Feet and ankle injuries including plantar fasciitis Lisfranc sprains Legs and knee injuries including Runner's Knee IT Band Syndrome tendinitis Back pain from sciatica piriformis syndrome and related issues No matter your malady Running Doc has got you covered Get healthy and get back on your feet with Running Doc's Guide to Healthy Running **One More Step The 638 Best Quotes**

**for the Runner** Randy L. Thurman,2012-06-29 Check these quotes out 1 The miracle isn't that I finished The miracle is that I had the courage to start John Bingham 68 There are clubs you can't belong to neighborhoods you can't live in schools you can't get into but the roads are always open Nike ad 224 No matter how slow I run I'm still faster than my couch Anonymous 606 Success isn't how far you got but the distance you traveled from where you started Steve Prefontaine and so many more check them out **The Untitled Journals of Steve Donovan's Marathon Training** Steve Donovan,2005-11-01 Steve

Donovan liked smoking a lot but he liked his wife and daughter more When he started running to help himself quit smoking he entered into a whole new culture Donovan's competitive spirit leads him to train for the Chicago Marathon to break the four hour mark During that time he kept this diary The journal entries are humorous touching and genuine The Untitled Journals of Steve Donovan's Marathon Training is based on events logged in Donovan's journal from January 2003 to October 2004 His view of running becomes entwined with his personal life Running helps him become more insightful about himself being his best but his competitive spirit takes a hit when a life altering event leads to an epiphany **Meb For Mortals**

Meb Keflezighi,Scott Douglas,2015-04-07 Train like Olympic marathoner and 2014 Boston Marathon winner Meb Keflezighi With his historic win at the 2014 Boston Marathon Meb Keflezighi cemented his legacy as one of the great champions of long distance running Runners everywhere wanted to know how someone two weeks away from his 39th birthday who had only

the 15th best time going into the race could defeat the best field in Boston Marathon history and become the first American man to win the race in 31 years Meb For Mortals describes in unprecedented detail how three time Olympian Keflezighi prepares to take on the best runners in the world More importantly the book shows everyday runners how to implement the training nutritional and mental principles that have guided him throughout his long career which in addition to the 2014 Boston win includes an Olympic silver medal and the 2009 New York City Marathon title

**Runner's World Guide to Road Racing** Katie McDonald Neitz, 2008-02-05 Counsels competitive and recreational runners on how to train for and compete in four popular road race types sharing a wealth of advice for conditioning the body following ideal nutrition guidelines and preventing or rehabilitating after injuries Original *Marathon, Revised and Updated 5th Edition* Hal Higdon, 2020-03-03 Now completely updated and revised a new edition of the long running marathon training guide that has helped more than half a million people reach their goals Marathon The Ultimate Training Guide is among the bestselling running books of all time for many reasons but above all others is this one It works Marathon running has changed in the seven years since the fourth edition there are more runners than ever before the popularity of half marathons has grown immensely and guidelines for best recovery and diet practices have changed This revised fifth edition includes a new chapter on ultramarathons along with material on recovery techniques several new training programs and advice on how to win a Boston qualifying race and improve your personal record At its core remains Hal Higdon's clear and essential information on injury prevention training and nutrition Marathon demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain taking the guesswork out of marathon training whether it's for your first or fiftieth With Higdon's comprehensive approach and tried and tested methods any runner will learn how to optimize their training and achieve their marathon goals

**The Art of Running** Daisy Edzel, 2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won't use Instead I'll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOU will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here's what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad Pain Having a Proper Form and Breathing Technique Which Part of Your Foot

Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here [Comrades Marathon - The Ultimate Human Race](#) John Cameron-Dow,2012-09-27 It is the world s largest and oldest ultramarathon race It is a festival celebrating the triumph of human spirit over adversity It has a camaraderie that enables ordinary mortals to overcome human fragility and perform beyond their wildest expectations In the words of Comrades marvel Bruce Fordyce this race can inspire ordinary people to do extraordinary things and it brings out the best in all of us This race has a power to transform to inspire and to motivate unlike any other The official Comrades Marathon The Ultimate Human Race begins in 1921 and chronologically describes every race in detail up to 2010 s commemorative 85th event All the legends are here in their full Comrades glory and human frailty Arthur Newton Hardy Ballington Wally Hayward Jackie Mekler Alan Robb Frith van der Merwe Bruce Fordyce and others But there is also deeply affectionate and admiring coverage of the backmarkers the ones often called the real Comrades runners those ordinary people behind the front runners This meticulously researched account will certainly inspire all types of athletes but more than that it will evoke a sense of wonder at what body and mind can achieve in pursuit of extreme challenge The heartbreaking and heart stopping moments are documented alongside the countless successes and triumphs as well as a rich collection of humorous and quirky anecdotes from Comrades lore An updated history of the Comrades Marathon is long overdue and author John Cameron Dow is uniquely qualified to write about this remarkable athletic event he holds a prized green number mark of a ten time Comrades medallist *Ironmum* Karine Fragnière,2020-10-30 The inspiring story of a champion and mother of four Karine Fragni re a lifelong athlete and mom of steel recounts the peak experiences of her life and the joy and pain that inspired her lifelong quest for wellbeing and harmony After winning her age group at IronmanZurich cheered on by her four children Karine decided to share her passionand her dreams with others passing on the lessons learned during her swim bike run life as a triathlete Karine a devoted mother at peace with herself takes readers on a journeythrough her childhood to her days cresting mountain passes by bike to the warm choppy waters of the IronmanWorld Championships in Kona Hawaii In this autobiography follow in the footsteps of a remarkable athlete ABOUT THE AUTHOR *Runner's World* ,2008-03 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Runner's World* ,2007-09 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Out of Thin Air* Michael Crawley,2020-11-12 Full of wonderful insights and lessons from a world where the ability to run is viewed as something almost mysterious and magical Adharanand Finn author of Running with the Kenyans What we can learn from Ethiopian running culture written by

an anthropologist and 2 20 marathon runner who trained with the Ethiopians Ethiopia is a place where I have been told that energy is controlled by angels and demons and where witchdoctors can help you to acquire another runner's power It is a place where an anonymous runner in the forest told me miming an imaginary scoreboard and with a completely straight face that he had dreamt that he would run 10km in 25 minutes It is a place where they tell me that the air at Mount Entoto will transform me into a 2 08 marathon runner It is a place in short of wisdom and magic where dreaming is still very much alive Why does it make sense to Ethiopian runners to get up at 3am to run up and down a hill Who would choose to train on almost impossibly steep and rocky terrain in hyena territory And how come Ethiopian men hold six of the top ten fastest marathon times ever Michael Crawley spent fifteen months in Ethiopia training alongside and sometimes a fair way behind runners at all levels of the sport from night watchmen hoping to change their lives to world class marathon runners in order to answer these questions Follow him into the forest as he attempts to keep up and get to the heart of their success **The Works of**

**Jack London: Novels, Short Stories, Poems, Plays, Memoirs & Essays** Jack London, 2023-11-26 In The Works of Jack London Novels Short Stories Poems Plays Memoirs Essays readers are invited to explore the multifaceted literary corpus of one of America's most influential writers This comprehensive compilation reflects London's mastery of narrative structure and vivid prose encapsulating themes of adventure survival and the human condition The collection spans diverse genres showcasing London's ability to intertwine rugged naturalism with deep psychological insights often set against the backdrop of the Alaskan wilderness and industrialized society His diction is rich and his urgency palpable offering a poignant critique of capitalism and an exploration of unvarnished human instincts Jack London born in 1876 was a trailblazer of the proletarian literature movement and a prominent figure in American literary history His experiences working in various labor roles combined with his adventurous spirit and love for nature profoundly influenced his writing Additionally London's commitment to social change and dedication to portraying the plight of the working class adds depth and authenticity to his narratives revealing his belief in the power of literature to inspire action This compelling anthology is a must read for those seeking to understand the breadth of London's ambition and the historical context that shaped his worldview Whether you are a seasoned admirer or new to his work this collection offers invaluable insights into the complexities of human life and the struggles of existence in a rapidly industrializing world Runner's World, 2007-02 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

## The Enigmatic Realm of **Marathon Running For Mortals**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Marathon Running For Mortals** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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