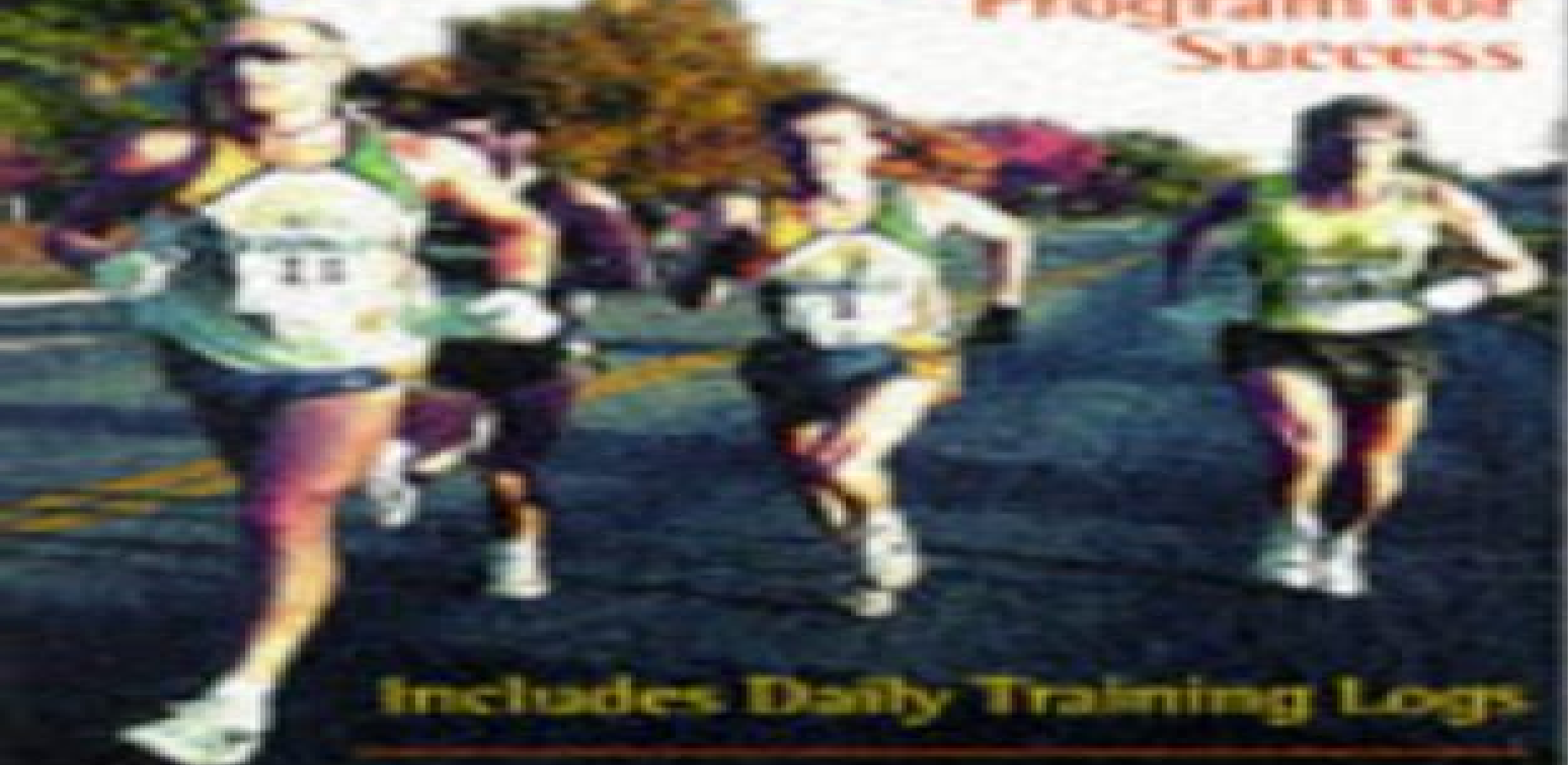


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and revised a new edition of the long running marathon training guide that has helped more than half a million people reach their goals *Marathon The Ultimate Training Guide* is among the bestselling running books of all time for many reasons but above 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 **Marathon**

Training Joe Henderson, 2012-04-13 The thought of covering 26 2 miles or 42 2 kilometers on foot is as frightening as it is fascinating The act itself might appear as simple as putting one foot in front of the other and remembering to alternate feet But doing this for hours on end can seriously test your physical as well as mental resources A marathon takes anywhere from a little over two hours to a lot more than five hours to complete The event drains your fluid and fuel reserves It hammers your feet and legs It makes you wonder at some point late in the race What am I doing here The decision to run a marathon is not made lightly It s a major commitment of time and energy This training can be quite gratifying if done right or equally distressing if done wrong Here author and marathon coach Joe Henderson helps maximize your gratification and minimize your distress This event requires special training and lots of it for a long time The book focuses on those training requirements This isn t a book about the history or personalities or statistics of the marathon or about training for any other distance but the marathon This book deals exclusively with how to get to and through a race that justifies all the time and effort you put into it *Marathon Training* offers proven training programs each lasting three months for three different levels of runners Joe Henderson provides the tools for writing individualized sessions for each of the 100 days Supporting each one is a Thought for the Day and a Tip for the Day Together these items supply the information and inspiration you need to complete the training and eventually the marathon itself *American Book Publishing Record* ,1997 **Library Journal** ,1997 **Marathon, All-New 4th Edition** Hal Higdon, 2011-09-27 Especially in tough economic times running offers an

affordable and positive way to relieve stress and gain a sense of accomplishment Marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years New hunger for reliable information on marathon and half marathon training as well as new technologies that have revolutionized ordinary people s ability to train intelligently means the time is right for a new edition of longtime Runner s World contributor Hal Higdon s classic guide to taking the guesswork out of preparing for a marathon whether it s a reader s

first or fiftieth At the core of the book is Higdon's clear and essential information on training injury prevention and nutrition With more than 25 percent new material this fourth edition of a running classic is a must own for both longtime runners and those new to the sport Canadian Periodical Index ,1997 *Galloway's Marathon FAQ* Jeff Galloway,2009 Running a marathon can be one of the most rewarding experiences of your life but whether you are an experienced runner or going the distance for the very first time there are always a whole host of questions you wish you had the answer to Now one of the most respected names in running Jeff Galloway answers 100 of the most frequently asked questions about training for and running a marathon Packed with practical proven information based on Galloway's more than 35 years in coaching this superb volume covers everything you could think of from nutrition and motivation to race day preparation and staying injury free and much more *The British National Bibliography* Arthur James Wells,2002 **Hal Higdon's How to Train** Hal Higdon,1997 Describes twenty four training programs designed for different sports types of people and goals **Weekly World News** ,1999-10-05 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Bilingual Education, Health, and Manpower Programs, 1973** United States. Congress. Senate. Labor and Public Welfare,1973 **Bilingual Education, Health, and Manpower Programs, 1973: Joint Hearing Before the Subcommittee on Education and the Special Subcommittee on Human Resources of the Committee on Labor and Public Welfare, United States Senate, Ninety-third Congress, First Session ...** United States. Congress. Senate. Committee on Labor and Public Welfare. Subcommittee on Education. Special Subcommittee on Human Resources,1973 **Weekly World News** ,1999-08-03 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

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