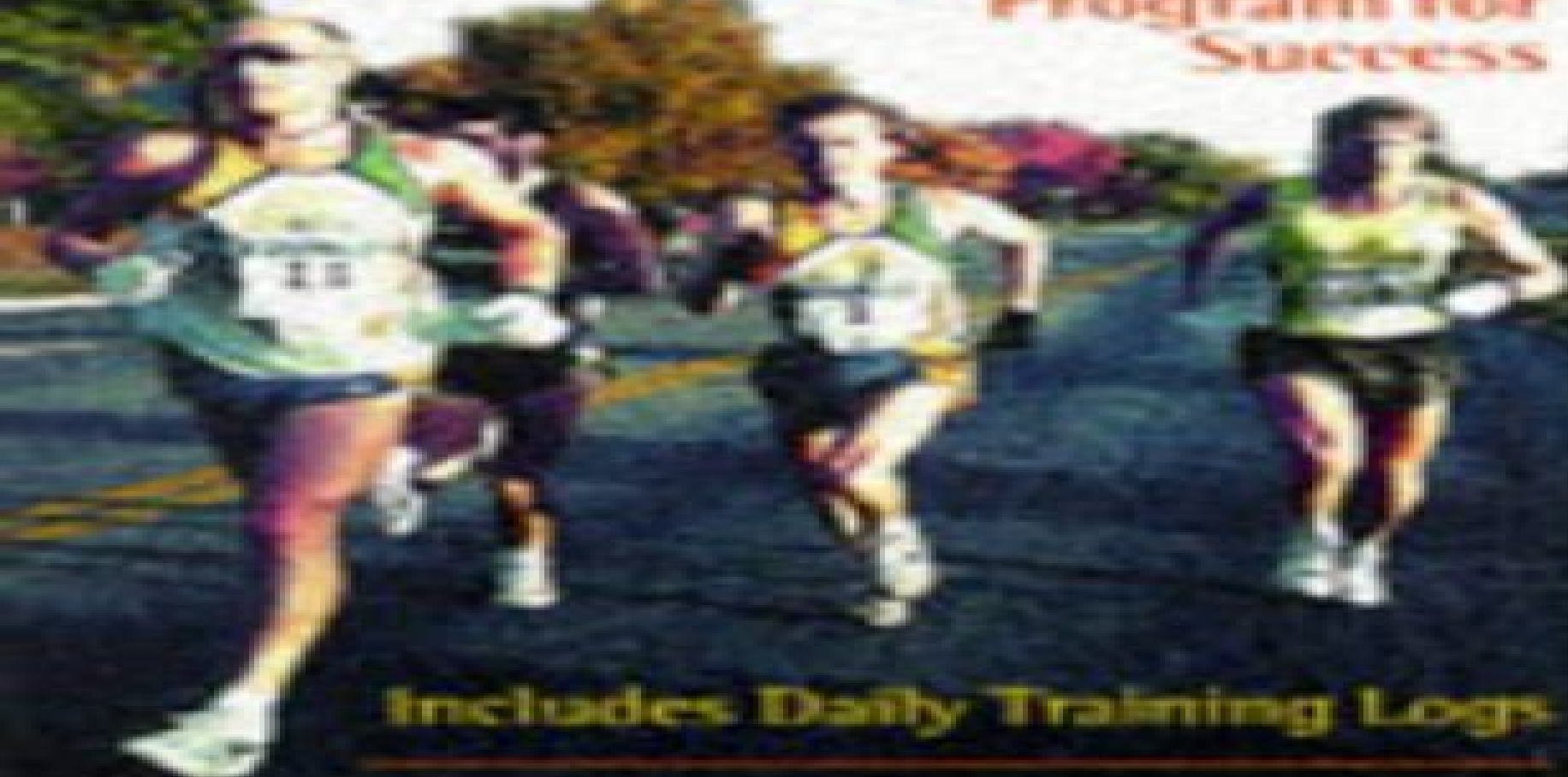


MARATHON TRAINING

The Proven 100-Day
Program for
Success



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JOE HENDERSON

Marathon Training The Proven 100 Day Program For Success

David E. Martin, Roger W. H. Gynn



Marathon Training The Proven 100 Day Program For Success:

Marathon Training Joe Henderson, 1997 262 miles never seemed so easy as it will when you read and use Marathon Training The 15 week program and training diary ensure success whether you want to run your first or fastest marathon The runners writer Joe Henderson will instruct equip inspire inform and humor you through a training process that will maximize your potential and minimize your chances of injury Each day you ll receive a special training tip and instruction to aid your training preparation *Going Far* Joe Henderson, 2011-11 **The Everything Running Book** Art Liberman, Carlo Devito, 2008-02-01 A Simon Schuster eBook Simon Schuster has a great book for every reader **The Olympic Marathon** David E. Martin, Roger W. H. Gynn, 2000 No Olympic event can rival the rich history and grand spectacle of the marathon Created for the first modern Olympic Games in Athens in 1896 as a commemoration of the legendary run by the Greek messenger Philippides the race has endured like no other producing a century of awe inspiring competition and unforgettable stories The Olympic Marathon brings the high drama and rich details of the past 24 Olympic marathon races to life in a way no other book ever has This definitive resource written by world renowned Olympic marathon experts David Martin and Roger Gynn goes beyond statistics to offer readers a vivid chronicle of the athletes and their memorable marathon performances Fans will relive the compelling moments that have made the Olympic marathon legendary Spiridon Louis winning the first modern Olympic marathon in Athens in 1896 Emil Z topek s dramatic triple gold performance in 1952 Ethiopian Abebe Bikila winning a gold medal while running barefoot Joan Benoit Samuelson earning her place in history as winner of the first Olympic women s marathon in 1984 and many other fascinating stories For each race The Olympic Marathon provides the following A summary of the geographical setting and political climate surrounding the Olympic Movement A course map and detailed street description A step by step narrative of how the race was run Biographical sketches of the top three finishers A Looking Ahead section which summarizes marathon highlights leading up to the next Olympic marathon Generously illustrated often with rare and never before published photos a pictorial glimpse is provided into the contemporary atmosphere and dynamics of each race Plus for readers who want complete statistics on each race the book provides a comprehensive appendix Included are chronological and alphabetical race results for all men and women who participated in the event and listings of the fastest men s and women s Olympic marathon performances The Olympic Marathon is the authoritative book on the race that has captured the imagination of the world It s a one of a kind resource that every fan of running and the Olympics will treasure The Library Journal ,1997 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **The Publishers Weekly** ,1997 *The Runner's Sourcebook* Ellen Sampson, 1998-12 A guide to running that provides basic information necessary for beginning intermediate and advanced runners on equipment training techniques marathons and other related topics **American Book Publishing Record** ,1997 **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. **Library Journal**, 1997

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