

This complete step-by-step guide will give you the core knowledge and confidence to complete your first marathon. There's no greater feeling than crossing that finish line and getting your medal, but the problem is that many first-time runners fail to finish the race because they haven't done the proper training. I wrote this book specifically for beginners, detailing all the crucial information you need in order to get you fully trained and across that finish line. In this book you will discover: A full and complete 26 week training plan that will take you from being a novice through to running the marathon. The crucial kit you need to have. The secrets to overcoming the mental blocks which will jump up at you along the way. Killer tips on how to keep your body fuelled and hydrated for your training runs. The important information on how to deal with injuries, and crucially, how to avoid them. How to keep yourself entertained on those long training sessions. Getting involved in running communities to help you along the way, and of course the final preparation and race day....and much more! In a few short seconds you could be on your way to training for your marathon, scroll to the top and click Buy Now to start your training! Good Luck! Jon Dean

Guilty without Trial, The 2007 Import and Export Market for Iron and Steel Seamless Tubes, Pipes, and Hollow Profiles in Finland, Back Yard Angel (Turtleback School & Library Binding Edition), Shakespeares Complete Sonnets: classic of literature of Shakespeare, Are You a Dragonfly? (Backyard Books),

Beginner Half Marathon and Marathon Training Schedules: Run/Walk Half-Marathon Training Schedule. Beginners' Half-Marathon Training Schedule. Run/Walk Marathon Training Schedule. Beginners' Marathon Training Schedule. A beginner can run any race "you just need to allow enough time to train for it. Taking these breaks makes marathon or half-marathon training less grueling. When I tell people I run, they either groan or widen their eyes. When I tell people I've run seven half marathons this year alone, they usually. My name is Katrina Abiasi and I've been an avid runner for around 15 years now. Since high school, I've been competing in numerous running events including.

Want to know the secret to finishing your first marathon? Just as race day is thousands of footsteps from the start to the finish, your training should be, too. Thinking about running a marathon? This article will help you get started with tips on training, hydrating, fueling and more.

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