



Be Your Best at Marathon Running: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports)

Tim Rogers

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Your 26.2 miles starts here

Be Your Best at Marathon Running doesn't just give you a complete set of training plans, fitness advice and nutritional guidance--it also shows you where and how to apply, which marathon to enter, and how to raise money for charity. It is written by the founder of the United Kingdom's leading running website, realrunners.co.uk, and also features a foreword from the founder of the London Marathon, Dave Bedford.

- One, five and ten-minute introductions to key principles to get you started.
- Lots of instant help with common problems and quick tips for success, based on the author's many years of experience.
- Tests in the book and online to keep track of your progress.
- Extra online articles at teachyourself.com to give you a richer understanding of how to run a marathon.
- Contains practical training plans, guides and information on how to enter and which marathon to choose.
- Uses authoritative training programs which have already helped thousands to complete a marathon.

Topics include:

The ultimate running goal; It's all in the mind; Are you up to it?; Choosing your first marathon and getting a place; You're in--now what?; The right gear; A new lifestyle; The training; Fundraising; Keeping it going; The week before the race; The big day itself; What next?

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Julius Montanez:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a book. It is really fun in your case. If you enjoy the book that you just read you can spent all day every day to reading a reserve. The book *Be Your Best at Marathon Running: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports)* it is quite good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. If you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too expensive but this book provides high quality.

Anna Williams:

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