



Marathon Training: A Practical Guide to Preparing Yourself for Marathon Running (Paperback)

By Sam Hignett

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Marathon Training. A Practical Guide to Preparing Yourself for Marathon Running Have you started running and want to take it to the next step? Then this guide is for you Completing a Marathon and finishing those 42.195km is the top of any serious runners to do list. If you just started your running journey and would like to take it to the next level then this guide is for you. In this book we will cover all the basics and some of the more in-depth subjects you will need to give yourself the very best chance of succeeding in your quest to become a Marathon Runner. Take your first step to completing your first marathon and get this guide now So, whatever your motivation, whether it be raising money for charity or it is simply one of the goals on your bucket list, download this guide now and find out how to get started on your journey. Here s A Preview Of What You ll Learn. What is a Marathon Selecting The Right Kit Essential Information To Get You Started Correct Nutrition...



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