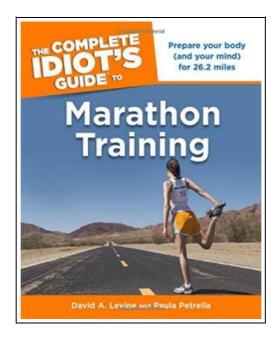
The Complete Idiot's Guide to Marathon Training



Filesize: 3.82 MB

Reviews

This book is wonderful. It really is writter in easy words and never difficult to understand. I am quickly can get a satisfaction of reading a created ebook.

(Carley Huels)

THE COMPLETE IDIOT'S GUIDE TO MARATHON TRAINING



Alpha Books. Paperback / softback. Book Condition: new. BRAND NEW, The Complete Idiot's Guide to Marathon Training, David A Levine, Paula Petrella, A comprehensive guide to get you ready for race day. According to the rule books, a marathon is 26.2 grueling yet exhilarating miles. Millions of people run marathons around the world. Many more millions dream of doing it. But novice or veteran runners, marathons require training and plenty of it. Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear, jargon free language. ? Includes dozens of instructional photos. ? Practical advice that addresses the needs of men and women of all ages.



See Also



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

Read eBook »



Your Planet Needs You!: A Kid's Guide to Going Green

Macmillan Children's Books, 2009. Paperback. Book Condition: New. Rapidly dispatched worldwide from our clean, automated UK warehouse within 1-2 working days.

Read eBook »



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

Read eBook »



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online

 $Create space, United States, 2014. \ Paperback. \ Book Condition: New. \ 229 \times 152 \ mm. \ Language: English. \ Brand New Book. \ It is time for the digital talk. \ Today, kids are growing up in a wired world. \ Their...$

Read eBook »



A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ****** Print on Demand ******. This lively, colorful guidebook provides everything you need to know...

Read eBook »