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**MARATHON HANDBOOK**

# Running Training Guides

**Pasquale De Marco**



## Running Training Guides:

*A Beginner's Guide to Marathon Training (Running, Training, Fitness)* Jasmine Evans, 2012-02-24 ABOUT THE BOOK So you want to run a marathon Everyone who makes the decision to run a marathon has their own reasons Maybe you want to train for a particular race Or maybe you want to lose weight Or perhaps you just want to try a new form of exercise Or or or the list goes on and on If you are a beginner and you have made the lofty decision to train to run a marathon then this is the guide for you Are you a beginner For this guide if you cannot yet run for 30 minutes straight you are a beginner If you cannot run 30 minutes or cannot run for just 10 minutes don't worry you will get there soon This guide will also be helpful for people who are in shape but do not run For instance if you have been doing martial arts for years consider yourself physically fit and do not run you can still benefit from this guide Running can have all sorts of benefits One of the most common benefits is the possibility of weight loss Combined with healthy eating running is a great way to lose excess body fat MEET THE AUTHOR Jasmine Evans is a graduate of Princeton University who has been writing fiction and nonfiction on and off since the 8th grade At Princeton she majored in Sociology and minored in African American Studies She currently writes for two blogs one about education and the other about job hunting For fun Jasmine likes to read exercise and play with her bunny Penelope EXCERPT FROM THE BOOK There are all kinds of fancy gadgets out there for runners From devices that go in your shoe to track your movements to running pants with reflectors on them for those who run at night there are so many things you could buy that it can be a little overwhelming The most important piece of running equipment you buy are the shoes Beat up shoes you pull from the back of your closet will not work Tennis shoes or shoes made for fashion will not work either You need a good pair of running shoes that will support your feet and ankles Active.com Basic Gear for a Beginning Runner It is also not as simple as going to your nearest shoe store and picking out the prettiest running shoe There are three different kinds of running shoes Buy a copy to keep reading [Hal Higdon's How to Train](#) Hal Higdon, 1997 Describes twenty four training programs designed for different sports types of people and goals *The Complete Guide to Running* Earl W. Fee, 2005 In *The Complete Guide to Running* the secrets of Earl Fee a world master's champion are revealed that helped him achieve over 30 world records in running This material is supported by hundreds of references Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on mental training nutrition physiology inspiration and motivation Ten chapters reveal the how and why of running training for sprinting middle and long distance hurdles and running in the pool Athletes from 9 to 90 will benefit from this information since all are bound by the same training principles Precautions and training are explained for the extreme young and old **Marathon, All-New 4th Edition** Hal Higdon, 2011-09-27 Especially in tough economic times running offers an affordable and positive way to relieve stress and gain a sense of accomplishment Marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years New hunger for reliable information on marathon and half

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Nolan, 2021-09-14 A must have for any woman targeting the distance Runner's World A no nonsense interactive guide that empowers all women at all levels to run their strongest best marathon ever. As recently as 1966 women were forbidden to run in the marathon. Professionals including doctors believed it was physically impossible and dangerous for women to run more than a mile and a half. But as with many other barriers women have faced over time we fought our way in. Today women make up almost half of the marathoning population. Yet most marathon training manuals are written by men. And while these men are experts when it comes to how men can and should train, women need training programs tailored to our bodies, to our unique strengths and weaknesses so that we can avoid injuries and run at our peak. The programming in this book was created by a woman specifically for women. Master the Marathon is a comprehensive guide to marathon training for women at all levels of running: beginner, intermediate and advanced. The book takes you through everything you need to know to be prepared for the 26.2 miles of the marathon, including detailed training plans, strength training programs, building your mental awareness of your physical body, nutrition guidance on finding the best marathon for you, identifying and avoiding potential injuries, inspirational advice and other unexpected pieces of wisdom. Both incredibly practical and deeply motivating, Master the Marathon will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon. Run Strong Run Fast: A Guide to Effort-Based Training for 5K and 10K Races Pasquale De

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