Be Your Best at Marathon Running: Teach Yourself



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Reviews

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(Mrs. Felicia Windler)

BE YOUR BEST AT MARATHON RUNNING: TEACH YOURSELF



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Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Book Condition: New. 197 x 131 mm. Language: English . Brand New Book. Is this the right book for me? Want to enter a marathon but don t even know how to get a place? 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 UK s leading running website, and also features a foreword from the founder of the London Marathon, Dave Bedford. Be Your Best at Marathon Running includes: Chapter 1: Are you up to it? Chapter 2: Choosing your first marathon and getting a place Chapter 3: You re in, now what? Chapter 4: The right gear Chapter 5: Training Chapter 6: Your marathon training plan Chapter 7: The importance of the gym Chapter 8: Eating and drinking Chapter 9: The injury and illness curse Chapter 10: Fundraising Chapter 11: The week before the race Chapter 12: The big day itself Chapter 13: A real-life experience - Sue Thearle, TV presenter Chapter 14: What next? Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of the subject. Five things to remember Quick refreshers to help you remember the key facts. Try this...



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