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MARATHON HANDBOOK

Marathon And Half Marathon Guide

Roman Wölfel



Marathon And Half Marathon Guide:

The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Mario Fraioli, 2013-04-01 Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you ll enjoy training and cross the finish line feeling great Coach Mario will guide you from sign up to finish line With his expert advice you ll choose your race set your goals select the right gear and move swiftly through a beginner or experienced marathon or half marathon training program Fraioli covers all of running s most important topics dynamic warm up exercises smart and realistic workouts healthy sports nutrition and hydration guidelines tips for quick and complete recovery strength training and crosstraining advice to treat common running injuries and strategies for race week and race day He offers useful tools like running pace charts a sweat loss calculator and a preview of each Rock n Roll race course The Rock n Roll Marathon and Half Marathon series is the world s most popular running series because each race is a fun and feel good challenge Now with the Official Rock n Roll Guide you ll be ready to rock your marathon or half marathon

Marathon and Half-Marathon Marnie Caron, SportMedBC, 2009-07-01 Over 20 million Americans run recreationally but doing it right is more than a matter of buying an expensive pair of shoes and heading for the track Building on the popularity of *The Beginning Runner s Handbook* this practical easy to use guide provides a step by step program for running a half or full marathon for the first time It shows readers how to get motivated and set realistic goals choose the proper shoes eat right build strength and endurance and avoid sore muscles and injury The book includes tips from elite runners on such subjects as staying motivated when the weather is extreme running technique running with a dog and running partners Finally the book describes strategies for the race what to expect on race day and the psychological effects of finishing a half or full marathon Most importantly it includes a full training program designed to ensure that that crucial first race is a winner

Marathon and Half Marathon Graeme Hilditch, 2014-10-31 The popularity of the marathon and half marathon continues unabated Up and down the country people are signing up in their thousands many to raise money for their favourite charity others simply as a means of getting fit Whatever the motive these are testing endurance events requiring serious preparation Now in its second edition *Marathon and Half Marathon A Training Guide* is essential reading for anyone intending to enter a half or full marathon Written by a highly experienced personal trainer who has helped hundreds of runners achieve their own personal goal this acclaimed and best selling book has everything you need from advice on what to wear to staying fit during those long training sessions This fully updated and revised edition features New pre hab and core stability exercises to help prevent injury the latest science on how when and why to stretch expert advice on how to use your time to train most effectively a series of programmes aimed at beginner intermediate and advanced runners and finally inspirational real life stories from runners A fully updated second edition of this best selling and highly acclaimed book aimed

at novices entering a full or half marathon for the first time in aid of their favourite charity and also aimed at the more experienced runners looking to improve their times Fully illustrated with 126 colour images and diagrams *Hal Higdon's Half Marathon Training* Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners Not only will it help you learn how to get started with your training but it will show you where to focus your attention when to progress and how to keep it simple **Beginner's Guide to Half Marathons** Scott

Morton, 2017-07-17 Are you struggling to step up to the starting line Discover a 12 week program that will shape your body and mind for your first half marathon Are your running shoes gathering dust Do you think you're too unfit or too old to enter a competitive race Is a marathon on your bucket list but you have no idea where to start Author Scott O Morton didn't

Galloway's Half Marathon Training Jeff Galloway, 2021-05-01 For any runner considering training for a half marathon author and running coach Jeff Galloway can help you prepare to train enjoy training and cross the finish line strong In this book Olympian Jeff Galloway outlines for each runner how to select a realistic goal and what workouts to use to best prepare for the race He includes tips for staying motivated while at the same time eliminating aches pains and injuries He also assures runners that their training will not completely consume their time so that they can train successfully while still enjoying other aspects of life The author's successful and unique run walk run training method has helped thousands of average people train for half marathons even if they have never run before Using this program even veteran runners can improve their personal bests With this book every runner will be given a step by step guide on setting up their training each week so that they will finish the half marathon strong Half Marathon Jeff Galloway, Barbara Galloway, 2019-02-01 Half Marathon A Complete Guide for Women is a must have for adult women of any age at any fitness level who want to train for a half marathon Using Jeff Galloway's proven Run Walk Run method this book offers a step by step program for women that will get them started with weekly training The training plans follow the run walk run format allowing the runner to increase her mileage while decreasing her time safely and effectively An added benefit of these training programs is that they can easily fit into any busy schedule because training needs to happen only three days a week Along with the training programs this book offers nutrition advice for women what and when to eat and how to control weight while training It offers advice on staying motivated and preventing injury while training as well Also included is information on women specific issues Any woman looking to complete a half marathon will find all the information she needs to run walk run fast and finish her race strong *Be Your Best At Marathon Running* Tim Rogers, 2010-02-26 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 www.realrunners.co.uk and also features a foreword from the founder of the London Marathon Dave Bedford NOT GOT MUCH TIME One five and ten minute introductions to key

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