



Be Your Best at Marathon Running: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports)

Tim Rogers

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Your 26.2 miles starts here

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 United Kingdom's leading running website, realrunners.co.uk, and also features a foreword from the founder of the London Marathon, Dave Bedford.

- One, five and ten-minute introductions to key principles to get you started.
- Lots of instant help with common problems and quick tips for success, based on the author's many years of experience.
- Tests in the book and online to keep track of your progress.
- Extra online articles at teachyourself.com to give you a richer understanding of how to run a marathon.
- Contains practical training plans, guides and information on how to enter and which marathon to choose.
- Uses authoritative training programs which have already helped thousands to complete a marathon.

Topics include:

The ultimate running goal; It's all in the mind; Are you up to it?; Choosing your first marathon and getting a place; You're in--now what?; The right gear; A new lifestyle; The training; Fundraising; Keeping it going; The week before the race; The big day itself; What next?

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From reader reviews:

Peter Pitts:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them household or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you read you can spent all day long to reading a book. The book Be Your Best at Marathon Running: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports) it is very good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too costly but this book offers high quality.

Carmela Randle:

Playing with family inside a park, coming to see the coastal world or hanging out with friends is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Be Your Best at Marathon Running: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports), you could enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

Amanda Garcia:

A lot of reserve has printed but it differs from the others. You can get it by world wide web on social media. You can choose the best book for you, science, witty, novel, or whatever by simply searching from it. It is called of book Be Your Best at Marathon Running: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports). You can include your knowledge by it. Without leaving behind the printed book, it could possibly add your knowledge and make anyone happier to read. It is most critical that, you must aware about e-book. It can bring you from one destination for a other place.

Trisha McClain:

What is your hobby? Have you heard which question when you got pupils? We believe that that issue was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And you know that little person just like reading or as studying become their hobby. You should know that reading is very important and also book as to be the issue. Book is important thing to add you knowledge, except your teacher or lecturer. You will find good news or update in relation to something by book. A substantial number of sorts of books that can you go onto be your object. One of them is this Be Your Best at Marathon Running: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports).

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