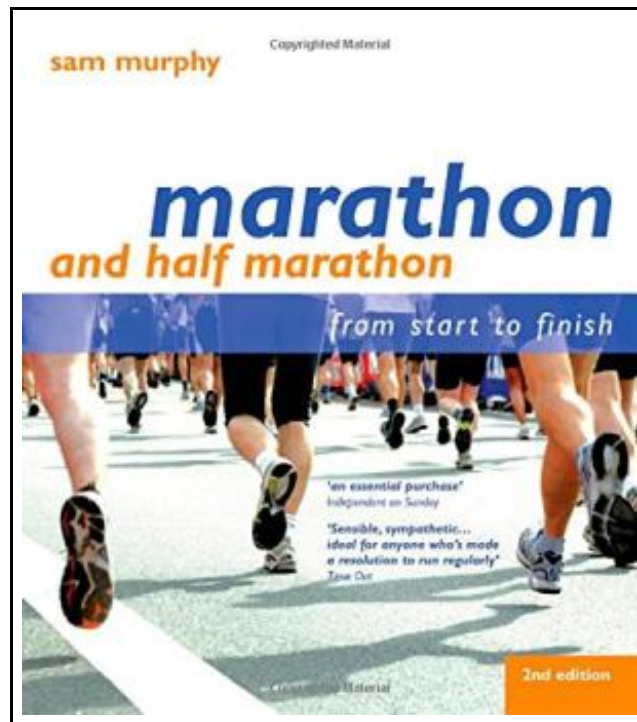


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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Marathon and Half Marathon: From Start to Finish (2nd Revised edition), Sam Murphy, 'I'd love to do a marathon, but I don't have six days a week to train! 'I'm too old/unfit/overweight to run 26 miles, aren't I?' 'Omgod! I've got a place in the marathon - what next?' If any of these scenarios sound familiar, then this book is for you. You want to run a marathon (or half marathon), but you don't know where to start, how to train, what to eat and drink, how to dress, how to prepare for the race or, perhaps, even which race to do. We will guide you through the entire process: from your very first steps to beyond the finish line, ensuring that you not only complete your marathon but enjoy it, too! There's advice on everything from how to fit training into your busy life to improving your running technique and avoiding injury. There are mental tricks to employ when the going gets tough, along with nutritional strategies to maximise your performance, gear and gadgets to improve your running and race tactics to help you get through the big day. This second edition includes advice on running a half marathon, and all the training schedules, nutritional advice and coaching tips have been updated.



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