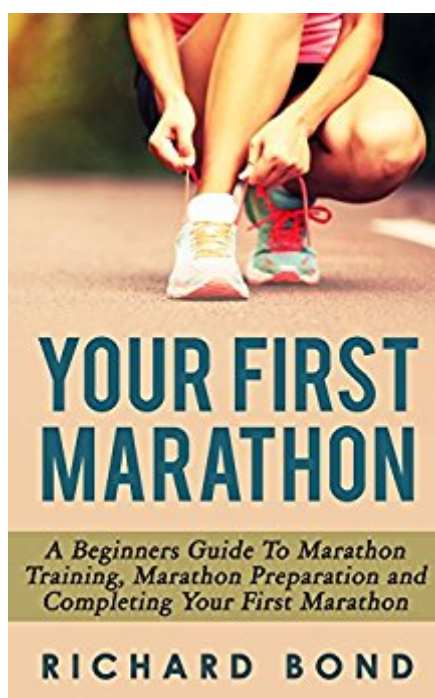


The book was found

Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation And Completing Your First Marathon (Marathon Training, Marathon Guide)



Synopsis

Your First Marathon - A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon

Would you like to know how to complete a Marathon? To many people, having the desire to run a Marathon is a mystery. But to others, it's one of the most natural activities in world. Running is one of the easiest sports to fit into a busy lifestyle. It doesn't cost you anything, you can do it anywhere and at any time. Most people will take up running to get fit or to lose weight initially. Once you get into it, and you've benefited from losing weight and getting fitter, you start to crave the desire of another challenge - "How far can you run?" or "How fast can you run?". Whatever the initial motivation, the desire to test your limits is usually the driving force for people wanting to run a marathon. Running a marathon is an epic challenge. On completion, you'll be part of a club with less than 1% of the worlds population. When people think about running a Marathon, the idea becomes scary and overwhelming. That's normal! This book is designed to take a complete beginner through the process of running a Marathon from start to finish. This book contains 2 x Marathon training programs for beginners. One for people that just want to cross the finish line, and the other for people wanting a Sub 4-hour Marathon.

Here's A Preview Of What's Inside

How To Get Started On Your Marathon Journey
Selecting The Right Training Program
A Training Plan To Get You To The Finish
A Sub-4 Hour Training Plan
Running Workouts
Mental Training
Tips
Running Gear
Marathon Nutrition and Hydration Basics
Injury Prevention and Recovery
Marathon Preparation
Race Day Tips
and much more!

Download your copy today to receive all of this information!

Tags: Marathon Preparation, Marathon For Beginners, Marathon Basics, Running, Running For Beginners, Completing A Marathon, First Marathon, Marathon Running Basics, First Marathon, Marathon, Marathon Running, Jogging For beginners, Marathon Training For Beginners, Marathon Training, Marathon Guide, Marathon Preparation, Marathon For Beginners, Marathon Basics, Running, Running For Beginners, Completing A Marathon, First Marathon, Marathon Running Basics, First Marathon, Marathon, Marathon Running, Jogging For beginners, Marathon Training For Beginners, Marathon Training, Marathon Guide

Book Information

File Size: 838 KB

Print Length: 52 pages

Simultaneous Device Usage: Unlimited

Publisher: HRD Publishing (January 15, 2015)

Publication Date: January 15, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00SBVG3LU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #70,660 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8

in Â Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field

#16 in Â Â Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

#27 in Â Â Books > Sports & Outdoors > Other Team Sports > Track & Field

Customer Reviews

I do not know a thing about training for marathons. This book is truly a beginner's guide, and gives a great introduction to marathon training. It tells you what you need to know if order to prepare for your first marathon. You will learn how much time and effort is truly needed to train (hint: think months, not days!). The eBook also covers mental tips for marathon prep, nutrition and hydration, running gear, and injury prevention and recovery. Overall, a very comprehensive eBook for anyone thinking of running their first marathon.

After reading this book, it has been a roller coaster to know more about how to learn about the guide lines of emerging yourself into marathon training. This book is basically the introduction leading to guiding you on your first marathon. It is for beginners such as me who has been trying to look everywhere to start doing the thing that we've been trying to achieve. This book has been very helpful to everybody who are reading this. This book's content was very well written and filled with information you needed as a beginner. It's really commendable for my friends and other people whom I have been connected with.

I have wanted to train and compete in a marathon for almost two years now. Now that the weather is nice here in Florida I have gotten serious about this goal on my bucket list for 2015. I recommend this book for anyone considering a marathon because it makes the whole process a lot less scarier, and with preparation it can actually be fun. Great book!

I am new in this topic, but have an idea to start running. This book gave me the all necessary information and training program I can use as a beginner. But it will definitely be useful for experienced runners as it has a lot of tips and recommendations and training program how to run your marathon for 4 hrs and less. Good book! Recommend to read.

A lot of insight but this book is for those who have never ran a race; 1/2 marathon, 10k, etc. If you want to learn about a full marathon experience, talk to other runners, join a runners group - they will give you the ins and outs!

I have always wanted to run a marathon but I am a complete beginner and didn't have a clue about how to start. I found this book very helpful as it details a step by step training regiment. I liked the Sub-4 Hour Training Plan.

After reading this book, I'm looking forward to training for next year's marathon in Dallas. The instructions and tips are easy to follow and very inspirational.

Easy an effective guide for marathon training, clear and simple that's what a first time marathon runner need

[Download to continue reading...](#)

Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools The Runner's World Big Book of Marathon and Half-Marathon Training: A Winning Strategies, Inspiring Stories, and the Ultimate Training Tools Amaze Yourself: A Guide to Completing Your First Iron-Distance Triathlon Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog

tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Completing Your Qualitative Dissertation: A Road Map From Beginning to End Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Run: Beyond The 5K - The Complete Training Guide To Running the 10K, Half Marathon, and Marathon Race Hajjah Hajjah: A Sister's guide to completing the Hajj and Umrah Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond "the Wall" Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)