

14 Week Half Marathon Training Schedule For Beginners A 14 Week Training Plan For Complete Half Marathon For Beginners With Running Log The Idea Here Is To Get You To The Finish Line

Dusk Before the Dawn Runner's World Run Less, Run Faster 14 Week Half Marathon Training Schedule for Beginners Run with Power Fitness Running Absolute Beginner's Guide to Half-marathon Training Faster Road Racing Marathon for Mortals Run to the Finish Run Faster from the 5K to the Marathon The Runner's World Big Book of Marathon and Half-Marathon Training Marathon, Revised and Updated 5th Edition Beginner's Half-Marathon Trainer The Competitive Runner's Handbook Simple Marathon Training Advanced Marathon Running Your First Ultra The Happy Runner Mastering the Marathon Daniels' Running Formula Hansons Marathon Method YOU (Only Faster) Hansons Marathon Method Marathon The Run Walk Run® Method Marathon The 9-Mile Marathon Marathon 80/20 Running The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Complete Or Compete The Non-Runner's Marathon Trainer The Little Red Book of Running Hansons Half-Marathon Method Beginner's Guide to Half Marathons Teach Yourself How to Run a Marathon Half Marathon Training Schedule for Beginners Hansons First Marathon Hal Higdon's Half Marathon Training The Marathon Method

Dusk Before the Dawn

The ideal resource for athletes age forty and older who seek faster times and fewer injuries

Runner's World Run Less, Run Faster

A 14-week training plan for complete half - marathon for beginners. Running 3 days a week and 2 days for Strength and Stretches training for help to build muscle so that your body can handle the repetitive stress of all that pavement pounding. And the stronger you are, the faster you'll go. Training for a half marathon needs to see you build up some regular running miles. Start this plan if you can already run for 20 to 30 minutes continuously. Your training should be progressive and balanced so you don't feel too tired.

14 Week Half Marathon Training Schedule for Beginners

Details Jeff Galloway's walk/run training methods including the new "magic mile" time trial, fat-burning techniques, and adjustments in the weekly schedule to prevent injuries and improve performance.

Run with Power

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Recommended by "Runner's World" magazine as "the best training book" by "the world's greatest coach," "Daniels' Running Formula" provides an expert training and racing blueprint for dedicated runners of all abilities.

Fitness Running

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.

Absolute Beginner's Guide to Half-marathon Training

Nearly every weekend now, somewhere in New Zealand, there is a fun run or walk being held, where ordinary people can have a go at the extraordinary. With the huge upsurge in these events over the last few years, many people who began with as little as a three-kilometre jog, are now ready for a bigger challenge - a half marathon, or 21.1 kilometres. But how to start? How much should they train? Is it possible to train TOO much? How can they avoid injuries? Whether you are entering just to complete the event, or are a serious competitor, this book holds the answers, in simple, accessible language and with a practical approach that takes into account the busy nature of contemporary lives. With material on health, clothing, mental attitude, nutrition and hydration, stretching, planning for and dealing with race day, and recovery, this book covers all the basics. It also includes detailed training programs for six levels of training - walk, walk/run, beginner run, improver run, competitive run and race. There is something for everyone!

Faster Road Racing

Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

Marathoning for Mortals

In the RUNNING society most people will tell you what 9-MILERS are doing is IMPOSSIBLE. Running solid marathons without those endless long and slow 18+ mile training runs. Yet it's happening EVERY DAY! 9-Milers are the REBELS. The 'Crazy Ones'. The round pegs in the square holes. They're NOT fond of the traditional running rules. 9-Milers CHANGE things. They PUSH things FORWARD. You can't ignore

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them. 9-MILERS want to HAVING IT ALL. Living a busy LIFE with work, FAMILY and friends, AND enjoy the THRILL of running marathons at THE BIG EVENTS. Feeling GREAT. POWERFUL. Finish STRONG. FIT. Maybe even FASTER than they EVER thought POSSIBLE. Author and founder of 9MILER4LIFE Marlies Kort, 2h47 marathon finisher and Ironman 70.3 World Champion F40-44, doesn't want to CHANGE the way you're training today. With The 9-Mile Marathon Training System Marlies Kort wants to replace it with something TOTALLY NEW; training, running and 'living' The 9-Miler Way.

Run to the Finish

Run your first marathon or your fastest with Hansons Marathon Method, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project. In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests. Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage runners. Runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest final miles of the marathon--and finish strong. In this new second edition, the Hansons program welcomes newer runners with a new Just Finish program featuring a simple schedule of easier running and lower mileage. The Just Finish program sets up first-time marathoners for an enjoyable marathon and a lifetime of strong, healthy running. Hansons Marathon Method will prepare you for your best marathon: Sensible weekly mileage based on science, not outdated traditions Effective Hansons speed, strength, and tempo workouts paced to achieve your goal Crucial nutrition and hydration guidelines to run strong for the whole race A smart and simple Just Finish program for new runners and marathon first-timers Detailed training schedules for experienced and advanced marathoners This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the most effective recovery methods. Using the Hansons' innovative approach, you will mold real marathon muscles, train your body to avoid the wall, and finish strong. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the world. Using their innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon. "You might expect a training program devised by the Hanson brothers to be a little different than the usual rehashing of principles and schedules. Given the success of athletes from the Hansons-Brooks Distance Project, you wouldn't be surprised if it was effective, too." -- Runner's World

Run Faster from the 5K to the Marathon

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

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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. 4 marathon and half-marathon training programs Beginner plans and advice for your first race Half and full-course plans for experienced runners Rock 'n' Roll course tips, picks, and tricks

The Runner's World Big Book of Marathon and Half-Marathon Training

For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing running with work and home life.

Marathon, Revised and Updated 5th Edition

Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

Beginner's Half-Marathon Trainer

Offers tips on running, from training to apparel to setting and achieving goals.

The Competitive Runner's Handbook

The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World. The Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book will include testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. The Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource--the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

Simple Marathon Training

Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then The Happy Runner is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

Advanced Marathoning

Running Your First Ultra

Signed up for a half-marathon and not sure what you've gotten yourself into? Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race is an easy-to-understand introduction to the world of running half-marathon, or shorter, race. Endorsed by the National Institute for Fitness and Sport, this book is packed with illustrations, notes on how to stay motivated and tips on how to train without pain. It will guide you through your marathon-training program and show you how to find the appropriate clothing and shoes, prevent and treat injuries and warm-up before running. Even if you are walking a shorter distance, this is a beneficial training manual. So run, or walk, to your nearest bookstore and pick up a copy of ABG to Half-Marathon Training today!

The Happy Runner

"Now completely updated and revised--a new edition of the long-running marathon training guide that has helped more than half a million people reach their goals, including a new chapter on ultramarathons, along with material on recovery techniques, several new training

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programs, and advice on how to win a Boston qualifying race and improve your personal record"--

Mastering the Marathon

Shave minutes off your time using the latest in science-based training for serious runners. Advanced Marathoning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathoning provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathoning is simply the most comprehensive and efficient approach to marathoning. If you're ready to achieve your personal best, this book is for you.

Daniels' Running Formula

RUN WITH POWER is the groundbreaking guide you need to tap the true potential of your running power meter. From 5K to ultramarathon, a power meter can make you faster—but only if you know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In Run with Power, TrainingBible coach Jim Vance offers the comprehensive guide you need to find the speed you want. Run with Power demystifies the data and vocabulary so you can find and understand your most important numbers. You'll set your Running Power Zones so you can begin training using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you can train more effectively. Run with Power will revolutionize how you train and race. Armed with Vance's guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries, know exactly how hard you're training, get more fitness from every workout, recover fully, perfect your tapers, warm up without wasting energy, pace your race on any terrain, know when to open the throttle, and create an unprecedented picture of yourself as an athlete. If you're just glancing at the number on your wrist or computer monitor, you've got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to new methods and new PRs. Run with Power introduces the use of power meters to the sport of running and will show you how to break through to all-new levels of performance. Key concepts explored in Run with Power: 3/9 Test, 30-minute Time Trial Test, Running Functional Threshold Power (rFTPw), Running Functional Threshold Pace (rFTPp), Averaged and Normalized Power (NP), Intensity Factor (IF), Peak Power, Variability Index, Efficiency Index (EI), speed per watt, Vance's Power Zones for Running, Training Stress Score (TSS), and Periodization with Power. Includes 6 testing methods and 8 power-based training schedules and workouts for 5K, 10K, half-marathon, and marathon.

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Hansons Marathon Method

Designed for runners of all abilities, this book provides information you need to enter and complete a marathon. From proven training and nutrition plans to hints on fund raising, it guides you every step of the way to the race of your life.

YOU (Only Faster)

A 14-week training plan for complete half - marathon for beginners. Running 3 days a week and 2 days for Strength and Stretches training for help to build muscle so that your body can handle the repetitive stress of all that pavement pounding. And the stronger you are, the faster you'll go. Training for a half marathon needs to see you build up some regular running miles. Start this plan if you can already run for 20 to 30 minutes continuously. Your training should be progressive and balanced so you don't feel too tired.

Hansons Marathon Method

Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

Marathon

An overhaul of traditional marathon training programs offers plans for both beginner and advanced runners that stress lower-mileage runs; speed, strength, and tempo workouts; and nutrition and hydration planning.

The Run Walk Run® Method

Marathon

Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled "Marathoning 101." The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with

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absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people, people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

The 9-Mile Marathon

In *Faster Road Racing: 5K to Half Marathon*, renowned running authority Pete Pfitzinger and Running Times senior writer Philip Latter present training plans for the most popular race distances as well as advice on recovery, cross-training, nutrition, tapering, and masters running.

Marathon

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 did

80/20 Running

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances"--

The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training

Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a

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handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

Complete Or Compete

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the "3 plus 2" program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

The Non-Runner's Marathon Trainer

Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In Marathoning for Mortals, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In Marathoning for Mortals, you'll find: □ 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon □ The advice you need to physically, mentally, and spiritually reach your dreams □ Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods □ Guidance for common motivational, physical, and emotional roadblocks Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

The Little Red Book of Running

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With the right training, anyone can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know:

- Finding your foot type and a good shoe for marathon training
- The types of workouts and how (and why) to do them
- Choosing your race wisely
- Training around travel, illness, and navigating injuries
- How to stretch and strength train for marathon
- Ways to recover from daily runs and after your race
- Science-based nutrition and hydration guidelines for workouts and race day
- What to do differently during the crucial final 6 weeks before your race
- How to get to the start line feeling confident, stress-free, and ready
- Setting an ideal marathon race strategy that puts you in control

Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose Hansons First Marathon to start your marathon adventure and you'll set yourself up for success.

Hansons Half-Marathon Method

Take Your Training to New Heights with This One-Stop Manual on Ultras With fifteen years running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. Between Moehl's positive and encouraging attitude and her deep knowledge and enthusiasm for the sport, there's no one better to prepare and train you for your first ultra and beyond! Moehl will become your guide to completing a 50K, 50-mile or 100-mile race. Her experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She shares her love of the sport by providing helpful tips, bonus content and personal stories. Her commitment to growing the sport and passion for coaching others running their first is evident in the care she's taken to create detailed plans and lifestyle adjustments. With Moehl, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

Beginner's Guide to Half Marathons

Book Description Do you dream of running a great marathon, but your busy life and obligations make the training commitments difficult? Do

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you suffer from injuries that put you on the sidelines when you desire to race? The 20-week Simple Marathon Training system can prepare you for marathon success. With a modern outlook on training schedules, innovative exercises for injury prevention and maximizing time spent training, the Simple Marathon Training system prepares you to toe the line with the confidence to run your best marathon. The Simple Marathon Training system has improved marathon times and the overall experience for many busy adult runners with hectic lives. This system works. It will for you, too. Included in Simple Marathon Training is a day-by-day schedule which includes running assignments as well as the crucial element missing from most training plans: core strength, hip strength and hip mobility exercises. You don't have to look at a sequence of photos in the book to learn these routines, rather, you will be able to watch all these strength and mobility videos online, for free. The incorporation of training videos into a sound marathon training program makes Simple Marathon a one of a kind system; a book that will help any committed athlete run a great marathon. The Geek Out section at the back of the book is another unique aspect of Simple Marathon Training. The Geek Outs are written by world-renowned physiologists and professional marathoners as well as Coach Jay's clients who have been using the system for several years to run PRs. You'll learn why it's best to do your hardest strength and mobility work on the same day as your workouts and long runs. You'll learn the correct method for fueling during a marathon. Information on imagery leading up to the race and mental skills to use during race day are just some of the topics in the Geek Out section. The bottom line is, if you're a busy adult with a hectic life, Simple Marathon Training is the right training book for you. "Jay's training system works beautifully for runners who aim for excellence in every area of their lives-athletically, personally and professionally. He understands that we're busy but still want to run our best; he's helped me do just that." Cindy Kuzma, Freelance health and fitness writer and contributing editor to Runner's World Magazine

Teach Yourself How to Run a Marathon

DIVGet Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book The 12-Week Triathlete with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new "PR" or looking to qualify for Boston, this book is for you. "TRAIN LESS AND RUN YOUR BEST" Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of "train less, run your best" will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The Marathon Method provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more! /div

Half Marathon Training Schedule for Beginners

From customizable workouts to rock-solid running advice, Fitness Running provides workouts you can use from one of America's most respected coaches. Together with coauthor Joe Henderson, Dick Brown lays the groundwork for a detailed approach to running that will help you increase your fitness, maintain your stamina, recover from injury, and prepare for the races ahead. Fitness Running features six essential workouts that form the core elements in fitness programs for base building, recovery, and maintenance and in race programs for the mile through the marathon. Log pages allow you to easily record your plans and track your results.

Hansons First Marathon

Committed runners from all over the world have set new PRs with the Hansons training program--the same approach that has turned Hansons-Brooks Distance Project runners into champions. Now in Hansons Half-Marathon Method, the Hansons-Brooks team shares its unique, winning approach to the popular half-marathon distance. With training plans for intermediate and advanced racers, as well as a welcoming Just Finish Program for newer runners, Hansons Half-Marathon Method prepares all athletes for their best performance. Using this smart and science-based half-marathon training program, runners will power up with precisely paced workouts that develop speed, strength, and stamina. Runners will finish strong using the Hansons approach to marathon hydration, nutrition, and pacing. Hansons Half-Marathon Method lays out the most effective way to train for a half-marathon, developed by one of the most accomplished running groups in the nation. Using the Hansons way, runners can forge a breakthrough half-marathon performance.

Hal Higdon's Half Marathon Training

Offers several fourteen-week programs to train for a half-marathon, providing warm-up exercises, information on nutrition, and advice on choosing a training program.

The Marathon Method

Combining nanotechnology, martial arts and a struggle for world domination, Dusk Before the Dawn follows people struggling to not only survive in a new world order, but to shape it.

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