

The Marathon Made Easier: A Safe and Simple Guide to Distance Running

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The Marathon Made Easier A Safe And Simple Guide To Distance Running

Nelson Aspen



The Marathon Made Easier A Safe And Simple Guide To Distance Running:

The Marathon Made Easier Cliff Temple,1982 The Publishers Weekly ,1982 **American Book Publishing Record** ,2004 Runners and Walkers Steve Boga,1993 Olympic marathoners and other top level runners and walkers share their on the road experiences Solid advice on training injuries and safety *How to* William A. Katz,Linda Sternberg Katz,1985 **Subject Catalog** Library of Congress,1982 **National Union Catalog** , Includes entries for maps and atlases National Union Catalog, 1982 ,1983 **The Cumulative Book Index** ,1983 A world list of books in the English language **Ultimate Guide to Trail Running** Adam W. Chase,Nancy Hobbs,2023-03-01 Trail running combines all the health and fitness benefits of walking and road running with the outdoor adventure of such sports as hiking and mountain biking not to mention the spiritual renewal from a day spent communing with nature No wonder it has become one of the world s most popular fitness activities The Ultimate Guide to Trail Running provides all the essential information needed including finding trails and getting started managing ascents and descents with ease maneuvering off road obstacles strength stretching and cross training exercises selecting proper shoes clothing and accessories safety on the trail and racing and other trail events This full revision includes all new photos updated information on equipment caring for the trail racing and organizing as well as new information on sustainability Leave No Trace practices diversity and inclusion in the outdoor running world **Long Distance Running for Beginners** Sean Fishpool,Michael Spilling,2011-08-15 Provides an introduction to training for long distance running covering such topics as choosing running shoes balancing dietary needs using warm up exercises protecting oneself from injury and running schedules with different levels of difficulty

Beginner's Guide to Long Distance Running Sean Fishpool,2002 This guide helps runners at all levels from absolute beginners to those training for marathon racing The training plan is divided to match each runner s grade of fitness Readers assess themselves by answering fitness questionnaires that guide them to the appropriate level of training At the end of each training grade another self assessment questionnaire helps runners decide whether to move to a higher level or remain where they are A ten week program begins with alternating two minute runs and walks and gradually progresses to sustained runs of 30 minutes Runners are advised to listen to their bodies and remain at a specific week s level until they feel comfortable about progressing to the next one General topics include getting started obtaining the right shoes and accessories adhering to a runner s diet developing self motivation and following a structured and progressive training program A final section is focused to advise runners training for a marathon More than 150 color photos and illustrations plus sidebar tips and quick reference charts 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](http://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 principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of how to run a marathon FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

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Library Journal, 1984 *Kiplinger's Personal Finance*, 1986-11 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics

Guide to Distance Running Bob Anderson, Joe Henderson, 1972 **Let's Dish Up A Dinner Party!** Nelson Aspen, 2004 Serving up some juicy Hollywood gossip a sassy guide to achieving entertaining excellence is filled with practical tips and techniques for making any soiree a raging success Original 10 000 first printing **Bicycling**, 2008-05 Bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels

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

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