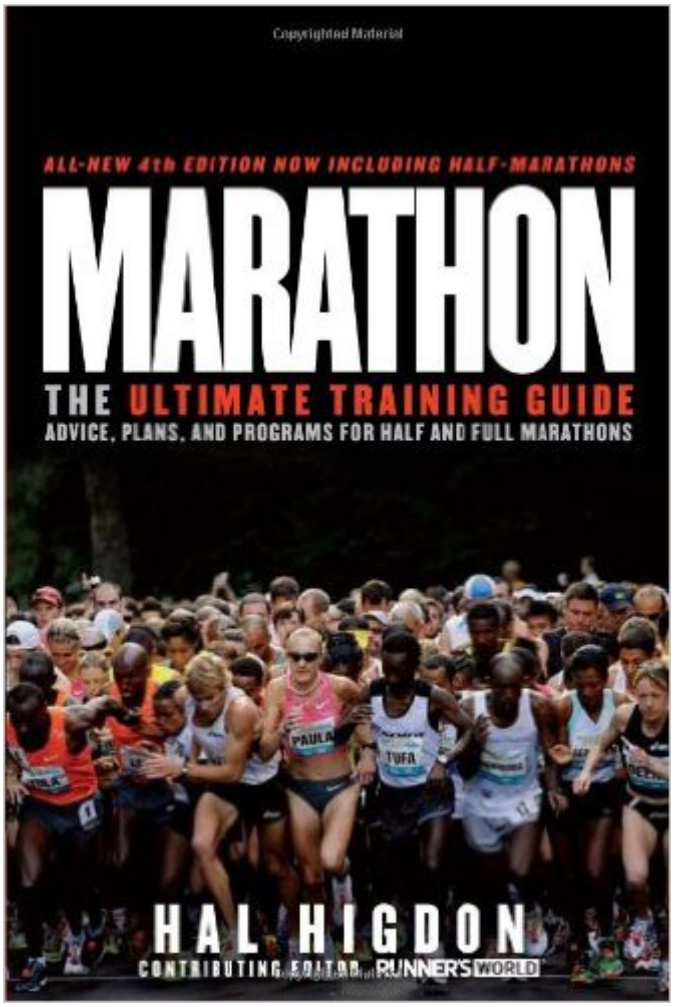
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Marathon: The Ultimate Training Guide: Advice, Plans, And Programs For Half And Full Marathons



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Synopsis

Especially in tough economic times, running offers an affordable and positive way to relieve stressand gain a sense of accomplishment. Marathons andÃ¢â ¬â ¢more than everÃ¢â ¬â ¢half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years.New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people's ability to train intelligently, means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth.Since its original publication in 1993, Higdon's definitive manual has sold over a quarter of a millioncopies through all channels. The book is such a consistent seller for many reasons, but above andbeyond all the others is this one: It works. At the core of the book remains Higdon's clear and essential information on training, injury prevention, and nutrition. With more than 25 percent new material, this fourth edition of a running classic will be a must-own for both longtime runners and those new to the sport.

Book Information

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Customer Reviews

Though the running boom appears to have peaked and even tapered off somewhat, the marathon is still the ultimate running experience for many runners. Higdon's book, although well written, offers very little in the way of new information on training for or running the marathon. Previously published works such as Joe Henderson's Complete Marathoner (Anderson World, 1978), Andy Friedberg's

How To Run Your First Marathon (S. & S., 1987), and Ricard Benyo's Making the Marathon Your Event (Random, 1992) offer very similar advice. However, Higdon's anecdotal style provides entertaining reading and may inspire aspiring marathoners. The author provides details of many of his personal marathon experiences as well as those of other top American marathoners such as Bill Rodgers, Don Kardang, and Dick Buerkle. This book will appeal to general readers seriously considering training for their first marathon. For large sports collections.- Susan L. Patton, Tennessee Valley Authority, KnoxvilleCopyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Ã¢â ¬Å“Will get any runner across the finish line of a marathon. I highly recommend it,Ã¢â ¬Å“ said Olympic-marathon gold medalist Frank Shorter.Ã¢â ¬Å“ThereÃ¢â ¬â„¢s plenty of sound training advice here for runners of all levels,Ã¢â ¬Å“ said Ken Sparks, PhD, who achieved a marathon personal record of 2:28 at age 46. --This text refers to an out of print or unavailable edition of this title.

He's a good story teller and I'd like him as my coach - I think I'd succeed with his plans. I appreciate that he does both a high level view and then takes a step back and breaks it down should you need it. I also thought the chapter layout made sense with respect to race training.I don't feel this was as good as his half marathon book, and some of his tables just don't translate well to the Kindle format. Although updated, too much of the info dates to when the internet is new and explanations such as what posting to his website should be removed.

I chose that rating because it is okay. It is very simple and basic. It allows for anyone to consider a marathon. Even if you have never run a race. Oh Hal says he wouldn't recommend it but he is not going to tell you no. So, if you think you can, go ahead and try. His running plans are very conservative and I find it hard to believe that you could achieve a PR on any one of these plans. I like and respect the man and what he has done for running but the book is too basic if you are serious about running a serious marathon with a PR pace. If you are out to just finish, this is the book for you.

Good book. A lot of useless yet interesting information. Worth the 30 or so pages with tips and insight. DO not buy his app though. $10 for a crappy version of Mapmyrun.

A bit dated on the information, but easy to follow beginner training plans.

Was a good brief overview for marathon running. A little daunting to get started, but still want to accomplish it.

Great book. Hal Higdon knows his stuff.

Excellent book if you are planning to run a marathon but have never done so before.

I really enjoyed this book. It has loads of practical advice for anyone who is serious about running a marathon. Esp. The chapters on recovery and food are very helpful.

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