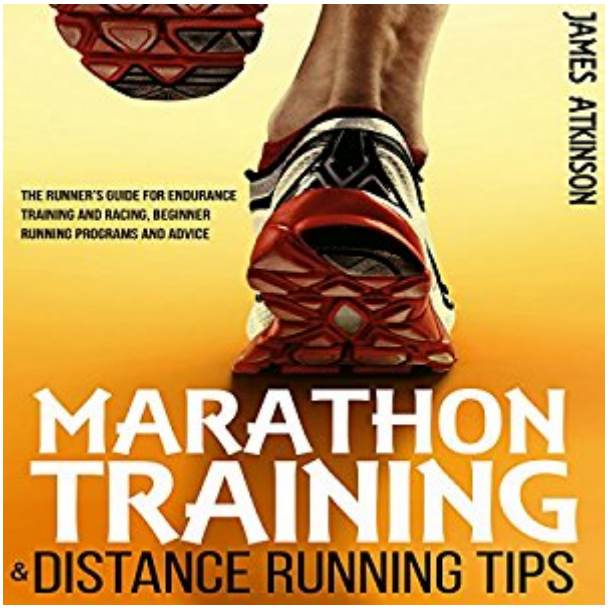
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Marathon Training & Distance Running Tips: The Runner's Guide For Endurance Training And Racing, Beginner Running Programs And Advice



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Synopsis

Long distance running is much like any other fitness training. If you want to improve, you need a good plan that has a progressive nature. If you are new to this game, you need a solid foundation to build on. Having a running program is not the only thing that you need. Sound advice and running tips should be taken from someone who has "walked the walk", or in this case, "ran the run". Hi, my name is James Atkinson from jimshealthandmuscle.com. I'm a qualified fitness coach and personal trainer and I have a fair bit of running advice that I would like to share with you. When I was around 18 years old, I was a terrible runner! In fact, I failed the basic fitness test for army entrance on running alone, and I failed big time! Several years later, I was clearing 1.5 mile running circuits in eight minutes and 22 seconds and could easily run a marathon any day of the week! I would like to share my knowledge and training experiences with you. If you are a beginner when it comes to running, this information will no doubt give you advice that will probably not have even crossed your mind before. If you are already a runner and are looking to make more progression, you are also in the right place. I know that it is easy to get stuck on a training plateau, so I have also added some information and training methods to this book that will help you leave the plateau behind.

Book Information

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Customer Reviews

I HATE(ed) running!I've just hit the 40's and I have never, as long as I can remember liked running. It's always been something to be avoided... unless a bus I needed to be on was leaving, or the police were after me. :-DThis book changed my mind, I picked it up after finding it for "endurance training", and after having read a few of the authors other (very good) books I thought I'd take a look

even though it was not exactly what I was looking for.I started reading the book in bed, usually this helps me sleep, but on this occasion I actually wanted to get up and go running! The section on breathing was so eye opening, mixed with the authors motivational writing style, that I wanted to get out there and put it into practice right away.The above was the biggest "aha!" moment for me of course, there is a lot covered in this book and something in here will be of use to you I'm sure! Without being boring and predictable by giving a list of chapters, I'll give you a quick overview of what I found important:James takes you from footwear choice, to running with a weighted pack. From motivation to your eating habits... It's all there followed by a 12 week pre-marathon training plan. On top of this you get entertainment... Any book that can capture your imagination and get you motivated with personal tales is (in my honest opinion) brilliant.. That's rare in a Kindle book! Buy it and see what I mean.

This is a well written book.Not only that, but the author clearly knows his stuff.I trained for a marathon 20 years ago and never did it. If I had this book then, I believe would have continued running, would have finished what I started, and would still be in shape today. At the time, I tried to figure it out on my own, after all it is just "running" right? Wrong. If you actually want to accomplish something by running, whether it is completing a marathon, or just getting in shape and losing weight, you need guidelines and a plan. This book provides both.The author goes into so much detail from the shoes, to posture, to dieting, to your mental state. Not only that, but it is written in a supportive, uplifting way. This is combined with the author's personal experiences which makes the book not only a good source of information, but also an enjoyable read. The part I really like is his week by week training regimen for a marathon. It gives me goals, keeps me on track, and I can monitor my progress.All in all, this is a fine book for anyone who wants to attempt a marathon. More importantly, it is a great book for anyone who just wants to learn how to run properly, efficiently, and with the greatest health benefits.I have purchased a lot of Kindle books and consider this particular one a great bargain.

I started 10-weeks ago to work on a half-marathon and with a couple of tips from this book I successfully completed it, injury free!I could stop with my review there, but I guess some things to add:+ easy reading+ enjoyed the real-life trial and error stories+ the tips did help+ Yes you could google "training schedule for marathon" and you'd get a lot of hits, but this book provided some of the why behind those schedulesWorth a read!

Marathon Running and Distance Running Tips is an introductory guide that talks about the very basics of running, so you can at least start off on the right foot! The author mentions his background in fitness and uses that to help support key factors throughout his book.I appreciate the fact James talks right off the bat about how important it is to run correctly. Particularly if you plan to do lots of it! Love the quote in the beginning too!My gut and eyes tell me there's something for you to gain in this book if you're considering running for exercise, pleasure, or even competitively.Grab it and see for yourself!Nicely done!

I really enjoyed this read, it is full of practical advice that you can add to your training if you already run.If you are a beginner on the other hand, it will give you the right information to get started.This book also has some entertaining stories from the authors own experience as a long distance runner. He writes about his progress from being a very poor runner to excel in this area of fitness.This book has taught me a whole lot about endurance running. It is well written and well worth the money.

This is a very good training bible for runner who need to run for Marathorn. After i read this book. I am confidence that i can run 42.195 km. It easy when you do step by step from this instruction.

I just started running within the last year and had really enjoyed it so far but would like to go to that next step of a marathon, which is why I picked up this book. This book is packed with important information about running in general and how to prepare for running a marathon. From choosing the right shoes to learning how to get through twenty-six miles of constant running, this book is it all. I highly recommend this book to anyone looking to train for marathon.

I have wanted to start marathon training since a good friend suggested it. This book is not only motivational with its tips but has the best suggestions that runner have encountered. It mirrors exactly what my friend has gone through in his training and now I have a faithful companion as well.

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