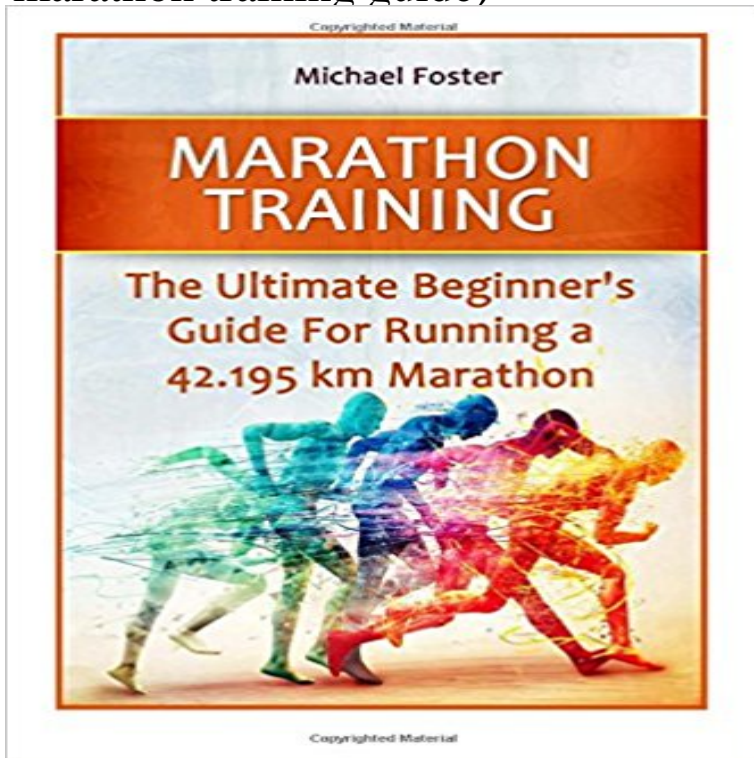


Marathon Training: The Ultimate Beginners Guide For Running a 42.195 km Marathon (Marathon Training, marathon training beginners, marathon training guide)



Marathon Training (FREE Bonus Included) The Ultimate Beginners Guide For Running a 42.195 km Marathon For a beginner, the challenge of running over forty kilometers seems overwhelming. If you have never run five or ten kilometers at once, the idea of going more than four or eight times that distance is impossible to fathom. This beginners guide to marathon running provides you with a comprehensive program to reduce your anxiety, train yourself physically and mentally and ensure your first marathon is both a success and an introduction to a lifestyle of fitness and well-being. Running provides an athletic outlet that is affordable and attainable to just about anyone. The cardiovascular benefits of running are second to none. And marathons provide the added bonus of endurance training to an already exceptional exercise. In this guide you will discover both the essential of training and also the common pitfalls that beset the novice who wants to learn. Specifically, well address: Nutrition and how your diet will impact your athletic performance Pre-training standards to ensure success and enjoyment Physical training schedules and how to know when to ease off and when to push yourself harder The mental aspect of marathon running and how you can overcome your own heartbreak hill The right gear for running distance What not to do leading up to race day and what you absolutely need to do Getting Your FREE Bonus Read this book to the end and find BONUS: Your FREE Gift chapter after the conclusion.

_____ Tags: Marathon Training, marathon training beginners, marathon training guide, marathon training for women, running for beginners, running books, marathon training, run, 5k training, 3k training, 5 and 10k training

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