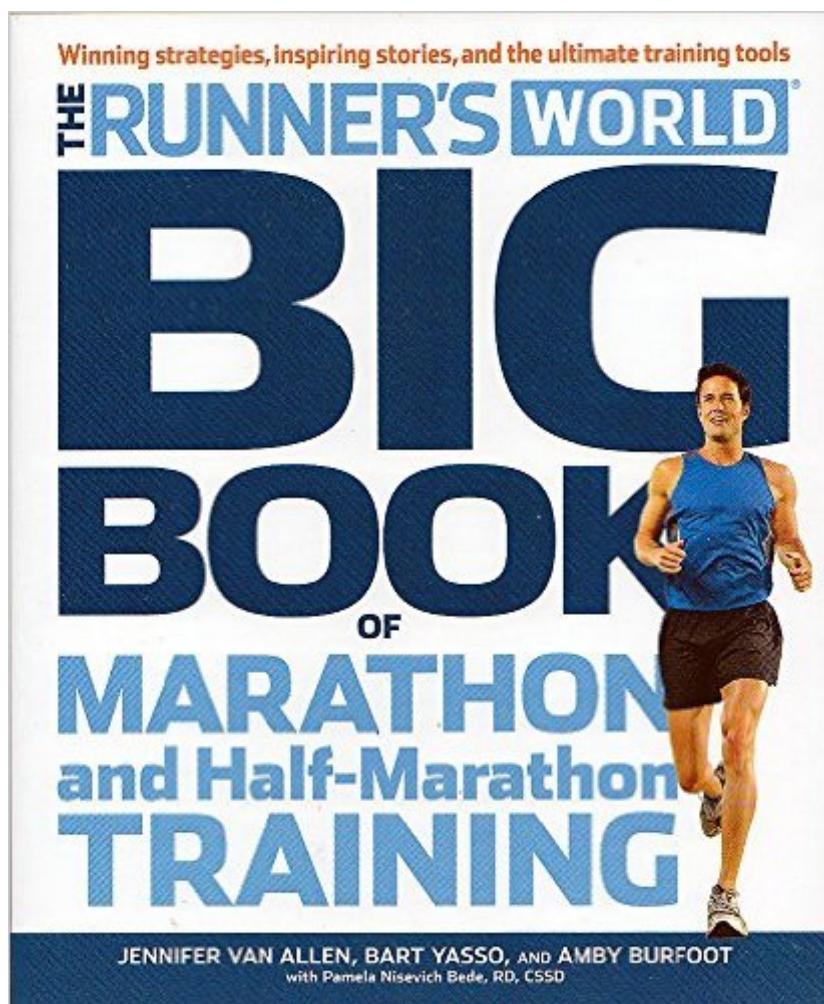


The book was found

Runner's World Big Book Of Marathon And Half-Marathon Training: Winning Strategies, Inspiring Stories, And The Ultimate Training Tools



Synopsis

The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half-Marathon Training - by Jennifer Van Allen, Bart Yasso, and Amby Burfoot, with Pam Nisevich Bede, RD - 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. Runner's World Big Book of Marathons (and Half Marathons) is a powerful and winning resourceâ •the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

Book Information

Paperback: 304 pages

Publisher: Rodale Books (June 5, 2012)

Language: English

ISBN-10: 1609616847

ISBN-13: 978-1609616847

Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ ¤ See all reviewsÂ (84 customer reviews)

Best Sellers Rank: #111,481 in Books (See Top 100 in Books) #37 inÂ Books > Sports & Outdoors > Other Team Sports > Track & Field #245 inÂ Books > Sports & Outdoors > Coaching > Training & Conditioning #249 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

First off, I enjoyed the book. Good solid information about training in general. For example, the book clearly articulated hard/easy principles, defining what type of training may be classified as "hard" (speed, tempo, long run, etc.), vs. easy (easy 6 - 12 mile runs where you can hold a conversation while running). The book also delves into many details regarding shoes, running gear, etc.

Intermixed are runner's stories (which are "boxed off" so you can easily skip over them if you wish to "cut through the chase") derived primarily from these author's encounters of runners who have enrolled in the "Runners World Challenge" in prior years. Many of these are inspiring and helpful,

even for an advanced runner, insofar that they remind us that everyone who runs is a winner, and that there are other ways of defining success besides scoring a trophy or PR. With that said, this book will probably disappoint competitive runners looking for advanced plans that strike a balance between the hard-core running literature for elite athletes and literature written for those with primarily recreational pursuits. In other words, it may be a little conservative for those who recognize that they will probably never score a placing trophy in their age category but nonetheless wish to push themselves to limit of their ability to find out just what they are made of. A particular disappointment in this regard were the training plans, which were few (as noted by a prior reviewer), and generally pretty conservative, save the long run mileage. In the next edition I would like to see more training plans with more specific guidance on hill training, and making use of the treadmill when hills are lacking (an area in the literature that is lacking, incidentally).

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