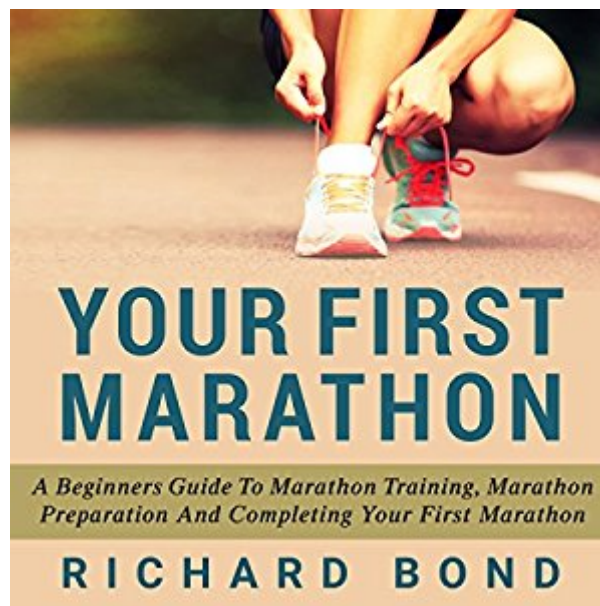


The book was found

# Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation And Completing Your First Marathon



## Synopsis

Would you like to know how to complete a marathon? To many people, having the desire to run a marathon is a mystery. But to others, it's one of the most natural activities in world. Running is one of the easiest sports to fit into a busy lifestyle. It doesn't cost you anything; you can do it anywhere and at any time. Most people will take up running to get fit or to lose weight initially. Once you get into it, and you've benefited from losing weight and getting fitter, you start to crave the desire of another challenge. "How far can you run?" or "How fast can you run?" Whatever the initial motivation, the desire to test your limits is usually the driving force for people wanting to run a marathon. Running a marathon is an epic challenge. On completion, you'll be part of a club with less than 1% of the world's population. When people think about running a marathon, the idea becomes scary and overwhelming. That's normal! This book is designed to take a complete beginner through the process of running a marathon from start to finish. Here's a preview of what you'll learn: How to get started on your marathon journey Selecting the right training program A training plan to get you to the finish A sub-four hour training plan Running workouts Mental training tips Running gear Marathon nutrition and hydration basics Injury prevention and recovery Marathon preparation Race day tips And much more! Download your copy today to receive all of this information!

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 6 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Richard Bond

Audible.com Release Date: June 16, 2015

Language: English

ASIN: B00ZRWQRCG

Best Sellers Rank: #111 in Books > Sports & Outdoors > Other Team Sports > Track & Field

#473 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #598 in Books >

Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## Customer Reviews

I do not know a thing about training for marathons. This book is truly a beginner's guide, and gives a great introduction to marathon training. It tells you what you need to know in order to prepare for your first marathon. You will learn how much time and effort is truly needed to train (hint: think

months, not days!). The eBook also covers mental tips for marathon prep, nutrition and hydration, running gear, and injury prevention and recovery. Overall, a very comprehensive eBook for anyone thinking of running their first marathon.

I am new in this topic, but have an idea to start running. This book gave me the all necessary information and training program I can use as a beginner. But it will definitely be useful for experienced runners as it has a lot of tips and recommendations and training program how to run your marathon for 4 hrs and less. Good book! Recommend to read.

I have wanted to train and compete in a marathon for almost two years now. Now that the weather is nice here in Florida I have gotten serious about this goal on my bucket list for 2015. I recommend this book for anyone considering a marathon because it makes the whole process a lot less scarier, and with preparation it can actually be fun. Great book!

I have always wanted to run a marathon but I am a complete beginner and didn't have a clue about how to start. I found this book very helpful as it details a step by step training regiment. I liked the Sub-4 Hour Training Plan.

After reading this book, it has been a roller coaster to know more about how to learn about the guide lines of emerging yourself into marathon training. This book is basically the introduction leading to guiding you on your first marathon. It is for beginners such as me who has been trying to look everywhere to start doing the thing that we've been trying to achieve. This book has been very helpful to everybody who are reading this. This book's content was very well written and filled with information you needed as a beginner. It's really commendable for my friends and other people whom I have been connected with.

This book is not really worth the \$7.99 to purchase it. I received it and was like wow that's it? Very general, has 2 training plans in it. Several typos that obviously weren't caught by the publisher. Save your money and buy a different book.

Running a marathon is something that I hope to accomplish within my lifetime. I have taken a lot of knowledge from reading this eBook that I know will help me when the time comes. One important lesson that I took from reading is that everyone is going to have different motivations and training

methods. Some things work better for one person, but maybe not so well for someone else. I knew training was a big part of running a marathon, but never knew how much time and effort it required. As someone who just wants to finish a marathon and not finish in some crazy time, I can say that the training plan outlined is detailed and requires months of training to prepare you for the big race. As much of a struggle that the physical side of running a marathon holds, I discovered that the mental side is going to be just as grueling, but I have taken some strategies from this eBook that I can use to motivate myself in different ways when I need to. This eBook is PACKED full of tips and information that you will need to be successful in running your first marathon. Coming from someone who has already run a marathon, and that has been through and understands some of the struggles, the advice and information that the author presents is designed to aid you in making the best decisions for YOU in order to meet your end goal, running a marathon.

[Download to continue reading...](#)

Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans

For Beginners (How to Run, Jogging, Marathon Training) PUPPY TRAINING: DOG TRAINING:  
Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide  
Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short  
As 3 Days (potty training, toddlers, toddler, toilet training) Filing the FAFSA, 2015-2016 Edition: The  
Edivisors Guide to Completing the Free Application for Federal Student Aid Reiki: The Ultimate  
Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For  
Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) Brain  
Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog  
training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1)  
Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy  
house breaking, puppy housetraining, house training a puppy,) Puppy Training : How to  
Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How  
To Potty Train A Puppy, How To Train A Dog, Crate Training) The New Rules of Marathon and  
Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond "the Wall"

[Dmca](#)