

The Non Runners Marathon Trainer David A Whitsett

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Running Against Time

Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

4 Months to a 4-hour Marathon

Get ready to run the race of your life
Marathons in the U.S. have seen record increases in participation during the past few years. Running a Marathon For Dummies helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level. Running a Marathon For Dummies gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills, exercises, and other techniques. Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners. Includes information on how running increases heart strength, keeps illnesses away, keeps arteries

clear, and improves a person's mood Gives you drills, exercises, and techniques to improve your endurance Whether you're a couch potato or a regularly hit the asphalt, *Running a Marathon For Dummies* gives you everything you need to run the race of your life.

Running Like a Girl

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, *80/20 Running* is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances"--

Hal Higdon's Half Marathon Training

Details Jeff Galloway's walk/run training methods including the new "magic mile" time trial, fat-burning techniques, and adjustments in the weekly schedule to prevent injuries and improve performance.

Running a Marathon For Dummies

"The best running book ever." —Bob Anderson, founder of Runner's World Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in *Build Your Running Body*, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS:

- 393 photos that make it easy to follow every step of every workout
- 10 training programs to help runners of all levels integrate the total-body plan into their daily routines
- Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today
- Race strategy for the crucial weeks leading up to the competition and through to the finish line
- Exercises to prevent injury and rehabilitate common running ailments
- Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics
- Nutrition guidance on carbs, proteins, fats, and weight loss
- More than 30 recipes to speed recovery and cement fitness gains
- Beginners' guidelines every step of the way
- Valuable tips on proper apparel, tracking your progress, and more!

Simple Marathon Training

The popularity of the marathon and half marathon continues unabated. Up and down the country people are signing up in their thousands, many to raise money for their favourite charity, others simply as a means of getting fit. Whatever the motive, these are testing endurance events requiring serious preparation. Now in its second edition, *Marathon and Half Marathon - A Training Guide* is essential reading for anyone intending to enter a half or full marathon. Written by a highly experienced personal trainer who has helped hundreds of runners achieve their own personal goal, this acclaimed and best-selling book has everything you need, from advice on what to wear to staying fit during those long training sessions. This fully updated and revised edition features: New 'pre-hab' and core stability exercises to help prevent injury; the latest science on how, when and why to stretch; expert advice on how to use your time to train most effectively; a series of programmes aimed at beginner, intermediate and advanced runners and finally, inspirational real-life stories from runners. A fully updated second edition of this best-selling and highly acclaimed book, aimed at novices entering a full or half marathon for the first time in aid of their favourite charity and also aimed at the more experienced runners looking to improve their times. Fully illustrated with 126 colour images and diagrams.

Fitness Running

The inspiring, hilarious memoir of a “Bridget Jones-like writer” (The Washington Post) who transforms her life by learning to run, with stories of miserable defeat, complete victory, and learning to choose the right shoes. When Alexandra Heminsley decided to take up running, she had hopes for a blissful runner’s high and immediate physical transformation. After eating three slices of toast with honey and spending ninety minutes creating the perfect playlist, she hit the streets—and failed spectacularly. The stories of her first runs turn on its head the common notion that we are all “born to run”—and exposes the truth about starting to run: it can be brutal. *Running Like a Girl* tells the story of getting beyond the brutal part, how Alexandra makes running a part of her life, and reaps the rewards: not just the obvious things, like weight loss, health, and glowing skin; but self-confidence and immeasurable daily pleasure, along with a new closeness to her father—a marathon runner—and her brother, with whom she ultimately runs her first marathon. But before her first marathon, she has to figure out the logistics of running: the intimidating questions from a young and arrogant sales assistant when she goes to buy her first running shoes, where to get decent bras for the larger bust, how not to freeze or get sunstroke, and what (and when) to eat before a run. She’s figured out what’s important (pockets) and what isn’t (appearance), and more. For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), Heminsley’s funny, warm, and motivational personal journey from nonathlete extraordinaire to someone who has completed five marathons is inspiring, entertaining, practical, and fun.

How to Lose a Marathon

Providing the keys to maximizing performance while avoiding injuries, "Running Well" allows runners at all levels to easily assess and improve technique. Anatomical art supplements the thorough coverage of causes and symptoms of dozens of running injuries.

Run to the Finish

Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled "Marathoning 101." The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people, people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

Brain Training For Runners

"Strong is the ultimate guide to dreaming big and reaching your goals whether that's qualifying for the Boston Marathon or scoring the big promotion at work." —Liz Plosser Editor-in-Chief, Women's Health Two-time Olympian Kara Goucher shares her secrets to conquering self-doubt and improving running performance using proven tools from the field of sport psychology. Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You includes tips, techniques, and real-life experiences from Olympians Emma Coburn and Molly Huddle, and New York Times best-selling

author Robin Arzón. Strong also offers perspectives from two experts in the field of sport psychology, including Kara's own sport psychologist, Dr. Stephen Walker. This comprehensive guide to developing confidence includes:

- Kara's stories, experiences, and glimpses inside her personal confidence journal.
- Insights from inspiring women in the field of running.
- Guided activities to incorporate eight confidence techniques into your own training, including: Positive Self Talk, Mantra, Setting Goals, Enclothed Cognition, Power Pose, Visualization Techniques, Power Words, and Social Connections.
- Tools to starting your own Kara-style confidence journal, with over 25 prompts to get you started.

Running is a head game. There are two options: Let your mind wander, or focus. To compete, you must focus. "Mental conditioning is an important part of an athlete's training regimen. Winning and losing are more a matter of mental preparation and toughness." -- Dr. Stephen Walker, Kara's Sport Psychologist

Marathon Training & Distance Running Tips

One part personal quest to discover running greatness after age 50, one part investigation into what the women's running boom can teach athletes about becoming fitter, stronger, and faster as we age, *Older, Faster, Stronger* is an engrossing narrative sure to inspire women of all ages. A former overweight smoker turned marathoner, Margaret Webb runs with elite older women, follows a high-performance training plan devised by experts, and examines research that shows how endurance training can stall aging. She then tests herself against the world's best older runners at the world masters games in Torino, Italy. Millions of women have taken up running in recent decades—the first generation of women to train in great numbers. Women are qualifying for the Olympic marathon in their 50s, running 100-mile ultra marathons in their 60s, completing Ironmans in their 80s, competing for world masters records in their 90s. What are the secrets of these ageless wonders? How do they get stronger and faster long after their "athletic prime"? Is there an evolutionary reason women can maintain endurance into advanced years? Webb immerses herself in these questions as she as she trains to see just how fast she can get after 50.

The Run Walk Run® Method

Book Description Do you dream of running a great marathon, but your busy life and obligations make the training commitments difficult? Do you suffer from injuries that put you on the sidelines when you desire to race? The 20-week Simple Marathon Training system can prepare you for marathon success. With a modern outlook on training schedules, innovative exercises for injury prevention and maximizing time spent training, the Simple Marathon Training system prepares you to toe the line with the confidence to run your best marathon. The Simple Marathon Training system has improved marathon times and the overall experience for many busy adult runners with hectic lives. This system works. It will for you, too. Included in Simple Marathon Training is a day-by-day schedule which includes running assignments as well

as the crucial element missing from most training plans: core strength, hip strength and hip mobility exercises. You don't have to look at a sequence of photos in the book to learn these routines, rather, you will be able to watch all these strength and mobility videos online, for free. The incorporation of training videos into a sound marathon training program makes Simple Marathon a one of a kind system; a book that will help any committed athlete run a great marathon. The Geek Out section at the back of the book is another unique aspect of Simple Marathon Training. The Geek Outs are written by world-renowned physiologists and professional marathoners as well as Coach Jay's clients who have been using the system for several years to run PRs. You'll learn why it's best to do your hardest strength and mobility work on the same day as your workouts and long runs. You'll learn the correct method for fueling during a marathon. Information on imagery leading up to the race and mental skills to use during race day are just some of the topics in the Geek Out section. The bottom line is, if you're a busy adult with a hectic life, Simple Marathon Training is the right training book for you. "Jay's training system works beautifully for runners who aim for excellence in every area of their lives-athletically, personally and professionally. He understands that we're busy but still want to run our best; he's helped me do just that." Cindy Kuzma, Freelance health and fitness writer and contributing editor to Runner's World Magazine

Marathon

Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Andrew has certainly helped me along my journey--with his sage advice, his miracle-working hands on the massage table, and giving me a laugh when I needed it the most.

The Marathon Method

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 / 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 8 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. Some of the chapters include: Why should you take my advice? My story... Accountability, Commit To Your Goal! Where to start Running style Breathing When to eat, what to eat Your bread and butter training "Steady state" Training on a track Running for time Running for distance Running with weight Dealing with blisters and chaffing Staying injury free Putting it all together and your training plan All of the information that I provide is written from my own experience as a long distance runner. I believe that by learning from my mistakes and my advice, you will hit your goals a lot quicker than making these mistakes yourself. Believe me; some of these mistakes can be very painful! As you will soon find out from some of the anecdotes that I am about to share with you. So grab your running shoes and let's get started! All the best James Atkinson.

The Non-Runner's Marathon Trainer

Let Your Mind Run

Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal--even you. In *Marathoning for Mortals*, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In *Marathoning for Mortals*, you'll find:

- 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon
- The advice you need to physically, mentally, and spiritually reach your dreams
- Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods
- Guidance for common motivational, physical, and emotional roadblocks

Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

Running by the Book

Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named "Brain Training." Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners:

- Resist running fatigue
- Use cross-training as brain training
- Master the art of pacing
- Learn to run "in the zone"
- Outsmart injuries
- Fuel the brain for maximum performance
- And more

Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, *Brain Training for Runners* offers easily applied advice and delivers practical results for a better overall running experience.

Running Anatomy

The 30-Minute Runner takes a simplified approach to training, which is to break down everything into one thirty-minute session per day—a manageable segment for first-time runners and those who may be in decent shape but lead incredibly busy lives. Everything in the book—including training schedules, techniques, and tips—is put forth purely in terms of minutes spent running, without any goal paces to worry about, mileage to keep track of, or anything to measure other than time spent out on the roads and trails. The book focuses on how to maximize those thirty critical minutes in order to achieve two primary goals: shedding extra pounds and completing a 5K race. Author Duncan Larkin, a certified Army Master Fitness Trainer, also covers topics like running for new moms, single-parent training, how to prepare to run your first race, race-day tips, how to train while on business travel, and taking it to the next level—running forty-five and sixty minutes a day (10K and half-marathon schedules). In addition to the running-based guidelines, The 30-Minute Runner also offers nutritional advice and core exercises that complement the thirty-minute runs.

Marathon Training and Distance Running Tips

Your First Marathon - A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon
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-4 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!
Tags: Marathon Running, Marathon Training, Marathon Preparation, Marathon For Beginners, Marathon Basics, Running, Running For Beginners, Completing A Marathon, First Marathon, Marathon Running Basics

The Nonrunner's Marathon Guide for Women

Marathon and Half Marathon Training, One-Day-a-Week (It Can Be Done) describes a two-year running challenge completed by the author. The challenge was to determine if someone could successfully complete multiple marathons and half marathons during a two-year timeframe while training only one day per week. Learn if this training method might be right for you and how the author came up with this idea and why. This book reveals how the author determined that marathon and half marathon training one-day-a-week is probably viable for many runners by going out and doing it over a two-year timeframe. It describes the author's varying experiments throughout with weekly mileage amounts and what the effects were physically, and during actual races. There are descriptions of the author's experiences during the races completed during this timeframe and impressions of previous races he has completed. There is practical advice from an experienced marathon and half marathon runner for those who have never completed one or either race distances. If you are not a marathon or half marathon runner, or are new to this type of running, there is also advice for how to strategize training for, and completing a race. If you enjoy running non-competitively, are otherwise fit, and have limited time to train extensively for a marathon or half marathon, this book might be for you. Even if you are not a runner in any way and are simply curious about what a marathon runner's life is like, you also might enjoy this book.

The 30-Minute Runner

Including personalized workouts and expert advice, Fitness Running, Third Edition, contains workouts from one of America's most respected coaches. Whether you run for health, competition, or both, Fitness Running includes proven programs to help you achieve your goals. Color coded and customizable, the 13- to 26-week programs cover base building, fitness, and training for short-distance events, half marathons, and marathons. Each workout is prioritized according to your goal, allowing you the flexibility to tailor the training to your schedule. More than just workouts, this new edition of the best-selling guide includes individualized testing for assessing running health and log pages for recording runs, results, and health information. It includes recommendations for female runners and the latest information on gear and gadgets, cross-training, stretching, and recovery. Discover what countless runners already have. Fitness Running is the most effective and efficient guide to the best health, times, and finishes of your life. It's the one training book you'll use again and again for a lifetime of running workouts.

Running Your First Marathon

The Fuji Mountain Race, heralded as Japan's most difficult climbing race, is a 3,000-metre ascent over 21 kilometres of tarmac, gravel and volcanic rock. In 2011, Chris Pavey, a weekend runner from Brisbane, took on this challenge to raise money for charity, and in memory of his late sister in law, Christina. Running in solidarity with a nation shaken to its core by the worst earthquake and tsunami experienced in modern history, Chris confronts his own inner demons of self-doubt. Will

people support his cause? Can he reach his fundraising target? Will his body hold strong against the injuries plaguing him? Getting to the start of the race was challenge enough, but now he has to finish it, and by doing so, provide a fitting memory for Christina. But Chris' story begins long before this one race, and encompasses so much more than just running. Faced with a bizarre illness preventing his body from digesting fat, he re-discovers the true worth of exercise and good nutrition. From cycling through Japan, to a security guard hold up in the Middle East; from running his first road race on the Gold Coast, to scrambling through the rainforest of Tropical North Queensland; his tales not only entertain but also inspire as he successfully learns how to combine his passion for endurance running with a desire to fundraise. In *Running Against Time*, Chris provides an unorthodox roadmap for others in their own endurance adventures and fundraising projects. With dedicated sections on how to train, how to overcome common running injuries, and how to fundraise, he will open your eyes to what lies out there waiting, and inspire even the most sedentary of us to pull on some runners.

Marathon and Half-Marathon Training, One Day a Week (It Can Be Done)

The true story of Fauja Singh, who broke world records to become the first one hundred-year-old to run a marathon, shares valuable lessons on the source of his grit, determination to overcome obstacles, and commitment to positive representation of the Sikh community. Every step forward is a victory. Fauja Singh was born determined. He was also born with legs that wouldn't allow him to play cricket with his friends or carry him to school miles from his village in Punjab. But that didn't stop him. Working on his family's farm, Fauja grew stronger to meet his own full potential. He never stopped striving. At the age of 81, after a lifetime of making his body, mind, and heart stronger, Fauja decided to run his first marathon. He went on to break records all around the world and became the first person over 100 to complete the grueling long-distance race. With exuberant text by Simran Jeet Singh and exhilarating illustrations by Baljinder Kaur, the true story of Fauja Singh reminds us that it's both where we start and how we finish that make our journeys unforgettable.

What I Talk About When I Talk About Running

Eric Orton has spent a lifetime learning about running and the limitless possibilities of the human body and mind, and now he is ready to share his knowledge in a book that will open up a new world of achievement for runners everywhere. For Orton, this is a chance to instruct and inspire. For the running reader, it is a chance to make amazing new strides. *The Cool Impossible* is intended for runners and aspiring runners of all levels of ability and experience, from those contemplating their first steps, to seasoned marathoners seeking to unlock the full range of their capabilities. Starting from the feet up, Eric guides the reader through his technique for building the perfect running body. With characteristic enthusiasm and directness, Orton will draw on the inspiration of the Tarahumara Indian runners and take the reader through his devoted training programme, complete with advice on nutrition and real-world applications, as well as Orton's concept of The Cool

Impossible, the belief that 'the greatest reward from running is the opportunity to do more', not just in running but in life in general.

Fauja Singh Keeps Going

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

The Cool Impossible

Dawn Dais hated running. And it didn't like her much, either. Her fitness routine consisted of avoiding the stairs in her own house, because who really has the energy to climb stairs? It was with this exercise philosophy firmly in place that she set off to complete a marathon. *The Nonrunner's Marathon Guide for Women* is a fun training manual for women who don't believe that running is their biological destiny but who dream of crossing the finish line nonetheless. Dais's audiobook features a realistic training schedule and is chock-full of how-to's and funny observations, which she felt were lacking in the guides she had consulted. She also integrates entries from her journal, sharing everything would-be marathoners need to know about the gear, the blisters, the early morning workouts, the late-night carb binges, and most important of all, the amazing rewards. Anyone can do a marathon. This audiobook just makes the experience a little more bearable and a lot more fun.

Strong

"Now completely updated and revised--a new edition of the long-running marathon training guide that has helped more than half a million people reach their goals, including a new chapter on ultramarathons, along with material on recovery techniques, several new training programs, and advice on how to win a Boston qualifying race and improve your personal record"--

Marathoning for Mortals

The day Deena Kastor became a truly elite runner was the day she realized that she had to ignore her talent-it had taken her so far, but only conquering the mental piece could unlock higher levels of achievement. In *Let Your Mind Run*, the vaunted Olympic medalist and marathon and half-marathon record holder reveals how she incorporated the benefits of positive psychology into her already-dedicated running practice, setting her on a course to conquer women's distance running. Blending both narrative running insights and deep-dive brain science, this memoir, written by perhaps the most famous American woman active in the competitive world of distance running, will appeal to the pragmatic athletic population, and jointly to fans of engaging sports narratives, inspirational memoirs, and uplifting biographies.

80/20 Running

Hal Higdon's *Half Marathon Training* offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

Run Faster from the 5K to the Marathon

Shave minutes off your time using the latest in science-based training for serious runners. *Advanced Marathoning* has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, *Advanced Marathoning* provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, *Advanced Marathoning* is simply the most comprehensive and efficient approach to marathoning. If you're ready to achieve your personal best, this book is for you.

Running Well

In *How to Lose a Marathon*, Joel Cohen takes readers on a step-by-step journey from being a couch potato to being a couch potato who can finish a marathon. Through a hilarious combination of running tips, narrative, illustrations, and infographics, Cohen breaks down the misery that is forcing yourself to run. From chafing to the best times to run, explaining the phenomenon known as the "Oprah Line," and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner's experience. Offering both real advice and genuine commiseration with runners of all skill levels, *How to Lose a Marathon* lets you know that even if you believe that the "runner's high" is a complete myth, you can still survive all 26.2 miles of a marathon.

Marathon and Half Marathon

*DIV*Get Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book *The 12-Week Triathlete* with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new "PR" or looking to qualify for Boston, this book is for you. "TRAIN LESS AND RUN YOUR BEST" Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of "train less, run your best" will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The *Marathon Method* provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more! /div

Your First Marathon

Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now *Run Faster from the 5K to the Marathon* shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will

learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

Marathon

See what it takes to maximize running strength, speed, and endurance! Running Anatomy will show you how to improve your performance by increasing muscular strength, optimizing the efficiency of your running motion, and minimizing your risk for injury. Running Anatomy features 50 of the most effective strength exercises for runners, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the muscles in action. But you'll find much more than exercises—you'll also see their results. Running Anatomy places you in the action, fundamentally linking each exercise to running performance. You'll see how to strengthen muscles, reduce injury, and improve gait efficiency for faster times and more fluid runs. Running Anatomy will prepare you for any challenge that comes your way. You'll find exercises for varying terrains and speeds, from hill running to off-road running and from sprints to marathons. Plus you'll learn how to evaluate and rehabilitate the most common injuries that runners face, including lower-back pain, knee aches and strains, and torn muscles and tendons. Whether you're a fitness runner looking to conquer hills with more speed or strength or a competitive runner looking for that extra bit of performance and a finishing kick, Running Anatomy will ensure that you're ready to deliver your personal best.

Marathon

In this training guide for aspiring runners, Corinne Baur lays out a practical 12-week program to safely prepare for a 10K or half-marathon -- even for non-athletes. Running by THE BOOK weaves physical and spiritual growth together, ultimately inspiring running practices and a deeper relationship with God. The message is positive and empowering: it is possible to challenge ourselves to new distances in our physical bodies and our spiritual lives. Training advice, Scripture, and personal experience are combined into an easy-to-follow program, focusing on a specific aspect of endurance each week. Topics include:

- Discovering the relationship between the physical body and the spiritual journey
- Cultivating habits that sustain new levels of spiritual and physical growth
- Building core fitness
- Implementing spiritual and physical nutrition and disciplines
- Understanding the signs that indicate wellness or stress
- Pushing past the comfort zone to accomplish larger goals

Through the Running by THE BOOK program, readers will not only accomplish a 10K or half-marathon, but a personal journey with lifetime effects and ultimately a deeper relationship with God. PRAISE FOR RUNNING BY THE BOOK: "Running by The Book is a must-read for those who want to take their running and their spiritual life to a whole new level! This book

uniquely combines a training program for a half marathon with a guide to growing closer to God in the process.” —Jean Blackmer, author of MomSense “Having completed multiple half marathons and marathons I am familiar with the ups and downs of the life of an amateur runner. I am adding this book to my list of needs for beginning runners: proper shoes, shorts, a watch, and Running by The Book.” —Jeremy Thiessen, drummer for Downhere “Corinne Baur has such a unique concept. I'm not a runner, but I love her ability to weave running concepts and Scripture together.” —Nathan Whitaker, co-author of four New York Times best-sellers, including Through My Eyes with Tim Tebow “If you read this book, and apply the advice provided, you too can achieve higher levels of spiritual and physical fitness. Let Christ come alongside, and lead while you run, then you can realize the best of both goals.” —Tony Whitney, founder of Health Fitness Ministries

Advanced Marathonning

Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

Smart Marathon Training

Too many runners train for marathons and half-marathons only to find themselves injured before they even get to the starting line. Horowitz maps out a healthier, more streamlined approach to training for distance races, one that emphasizes quality over quantity.

Older, Faster, Stronger

An updated handbook for distance runners describes how to select a marathon in which to compete, offers a training timetable and schedule for getting ready for the race, and provides practical advice on diet, training, pace, fluids, and mental attitude. Original. 25,000 first printing.

Marathon, Revised and Updated 5th Edition

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 / 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 8 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. Some of the chapters include: Why should you take my advice? My story... Accountability, Commit To Your Goal! Where to start Running style Breathing When to eat, what to eat Your bread and butter training "Steady state" Training on a track Running for time Running for distance Running with weight Dealing with blisters and chaffing Staying injury free Putting it all together and your training plan All of the information that I provide is written from my own experience as a long distance runner. I believe that by learning from my mistakes and my advice, you will hit your goals a lot quicker than making these mistakes yourself. Believe me; some of these mistakes can be very painful! As you will soon find out from some of the anecdotes that I am about to share with you. So grab your running shoes and let's get started!

Build Your Running Body

Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

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