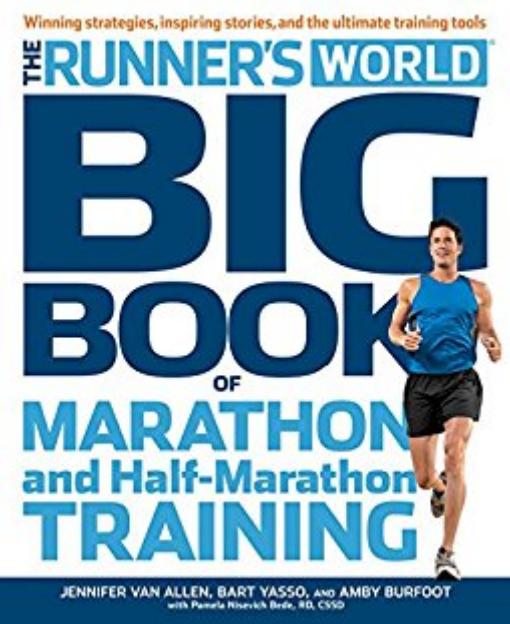


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# The Runner's World Big Book Of Marathon And Half-Marathon Training: A Winning Strategies, Inspiring Stories, And The Ultimate Training Tools



## Synopsis

The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World. The Runner's World Big Book of Marathon and Half-Marathon Training 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. The Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource--the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

## Book Information

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## Customer Reviews

Most important is that what Amby says is, to me, unquestionably, among the best advice available....for new and intermediate runners. Please don't get me wrong--I'm not a "hot-dogger" or any kind of a big shot. In fact, try as I may, I'm pretty slow now, and whenever the wind goes

beyond 20 m.p.h. I'd just as soon run on my treadmill. Once, actually, even as recently as last year, I was stupid enough to be up on Mount McDill running when it was in the 30s and the wind was howling. That's over. But I still try to get in 30 miles a week, and want to run another marathon. In all the pages of this manual, I found nothing that made purchasing it worthwhile for me. Maybe I just expectorated something new, and didn't find it. I think I'll just go out and do what I've been doing since the 1960s. But I totally respect and appreciate and like Amby Burfoot, and think his advice is great for 1st-time racers. Amen.

This book is the best. I've been a competitive runner for a few years and am the type of person who likes to learn everything possible about whatever hobbies I have. I've spent countless hours browsing running blogs and web sites to find answers to running-related questions but never felt 100% certain that the advice I received was coming from completely reliable sources. I decided to buy this book because I wanted a sound half-marathon training plan, not some random plan that I found on a blog. Little did I know that this book would answer every running question I've ever had. I keep this book on my nightstand I refer to it often. I agree with the reviewers who said there are a too many success stories in there but that's just my personal opinion; I can see how other people would be really inspired by them.

When I first saw this book at the book store, I overlooked it because of its silly name. However, last year the author, Jen Van Allen came and spoke for my running club, and I was sold. There is a lot of information in here that a seasoned runner may already know, but a lot that was also new to me. I loved the "recovery" training plans, for those coming off an injury, as I was earlier this year. I also like the variety of training plans. I just used the Half Marathon training plan and PR'd by over 6 minutes. I am now getting ready to follow one of the Marathon plans. I also like that the training plans offer some variety in training runs. This is a great book for any endurance runner's library.

This book is chock full of information. I will be running my first marathon in November so every bit of information is valuable to me.

This book is full of helpful hints and tips. I am running my first full marathon this year and feel like I am briefly hearing about all of these tips from my marathoner friends but the book breaks everything down so new terms and workouts are easy to understand and practice. There is also a good amount of examples of workouts/meal plans/training plans included in this book. I highly

recommend this for first time marathoners.

As many Runner's World books, this one is chock full of information. The information covers a lot of ground. This one, as the title suggests, covers both the Marathon and the Half Marathon. Not everyone needs to run a marathon. Those who want to run half-marathons don't have many places to go for information. This book covers it well. It is meant for beginners, and early intermediate runners. For advanced programs for both the half and the marathon, you may have to look elsewhere, but then why are you reading instead of running? A book that begins with a chapter called "Training Basics", "Integrating Training Into Your Life", and reviews weight management, proper pre and post run nutrition is not geared to the advanced runner. But the chapters on Injury prevention, (and probably those nutrition one's we just mentioned), staying healthy, and injury recovery are fine for all.

I used the novice plan this summer to run my 1st 26.2 and I succeeded. I had a respectable time and I felt ready. The training was long but not impossible. It was a good plan for me, having run regularly for at least a year prior to training for the marathon including running several half marathons. I felt like the plan was right for me. The mileage increases and 4 days/week training didn't seem like too much but I definitely felt challenged. I purchased the e-book version and wrote my training calendar out on paper. I did read the rest of the book but mainly wanted access to the training plans.

Recommended by an ultra marathoner friend. I am training for my first marathon and am grateful to have this book. It is FILLED with tips, facts, and training plans. Loved it. Way better than other running books that I have

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