



The Complete Idiot's Guide to Marathon Training

By David A Levine, Paula Petrella

Alpha Books. Paperback / softback. Book Condition: new. BRAND NEW, The Complete Idiot's Guide to Marathon Training, David A Levine, Paula Petrella, A comprehensive guide to get you ready for race day. According to the rule books, a marathon is 26.2 grueling yet exhilarating miles. Millions of people run marathons around the world. Many more millions dream of doing it. But novice or veteran runners, marathons require training and plenty of it. Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear, jargon free language. ? Includes dozens of instructional photos. ? Practical advice that addresses the needs of men and women of all ages.



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- Ambrose Thompson II