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20 Essential

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Marathon running has changed in the seven years since the fourth edition--there are more runners than ever before, the

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popularity of half-marathons has grown immensely, and guidelines for best recovery and diet practices have changed.

Marathon: The
Ultimate Training
Guide: Advice, Plans,
and ...

5.0 out of 5 stars

Marathon Training

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Reviewed in the
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Purchase. This
revised edition is
extensive in all
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balanced chapters on
preparations for the
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Where To Download Marathon The Marathon: The Ultimate Training Guide: Amazon.co.uk Hal Higdon

There's a reason that Hal Higdon, veteran marathoner and contributor to Runner's World magazine, is an institution in the running community and there's a reason

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his **Marathon: The Ultimate Training Guide** (now in its fourth edition) is the gold standard of running books: it doesn't get any better than Hal and his enthusiastic, comprehensive approach to tackling 26.2 miles.

Marathon: The
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5th edition (2020).

The Ultimate Training Guide includes advice, plans, and programs for half marathons, full marathons, and more.

Marathon: The
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The Ultimate
Marathon Schedule is
a 9-part video guide

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and training schedule on how to structure, build and execute the perfect marathon training plan. We'll teach you about the physiological demands of the marathon distance, the three most critical systems you need to target, give you your own training program, and help you execute

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the perfect taper and
race strategy.

The Ultimate
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marathon is a big
commitment, but it
doesn't have to be
stressful if you have a
good plan and the
right resources. In this
chapter, we'll go

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through some preliminary steps to choosing a marathon, setting your goals, and getting the right gear to carry you through your training and to the finish line.

How to Choose a Marathon

How to Train for a
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The Ultimate The
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Running Your First
Marathon In this
beginner's guide to
running your first
marathon we cover
everything from
choosing the right
race to training
methods. You'll also
learn how to prepare
the night before and
what gear you'll need.

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The Ultimate
Beginner's Guide to
Training Your First
Marathon

In this trail marathon training plan I share advice on how to choose your target trail marathon race, create a personalized trail marathon training plan/schedule based on your chosen race,

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choose the best and potentially mandatory running gear, how to fuel while training and racing, how to avoid overtraining injuries, race tactics, how to recover quickly after training and racing, how to prepare for race day and manage startline nerves, and finally what you can expect once you finish

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I am training for my first marathon and purchased Hal Higdon's "Marathon: The Ultimate Training Guide" to use as a reference. I was disappointed. There

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There is a whole chapter on the funny things non-runners say.

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one: It works.

Marathon running has

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changed in the seven years since the fourth edition--there are more runners than ever before, the popularity of half-marathons has grown immensely, and guidelines for best recovery and diet practices have changed.

Marathon, Revised

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Training Guide
I am training for my first marathon and purchased Hal Higdon's "Marathon: The Ultimate Training Guide" to use as a reference. I was disappointed. There are wise tips buried among all the stories, but without the details

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1993, Hal Higdon's definitive manual has sold over a quarter of a million copies.

Marathon: The Ultimate Training Guide is now available in an all-new 5th edition (2020).

The Ultimate Training Guide includes advice, plans, and programs for half marathons, full

Where To Download Marathon, and more.

Ultimate
Hal Higdon Writing -
Training Guide
Best-Selling Training
and Running Books

The key to training for a marathon is consistency. If you're new to running, start off slowly. It's recommended that beginner runners allow themselves around 20-24 weeks

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of training in order to
clock up the
necessary distances
in training and reach
the point where they
can successfully
complete a marathon.

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