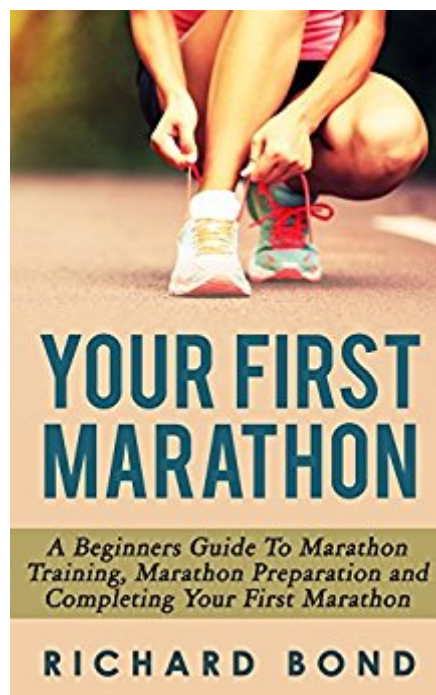


The book was found

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



## Synopsis

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 worlds 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. This book contains 2 x Marathon training programs for beginners. One for people that just want to cross the finish line, and the other for people wanting a Sub 4-hour Marathon.

Here's A Preview Of What's Inside

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 Preparation, Marathon For Beginners, Marathon Basics, Running, Running For Beginners, Completing A Marathon, First Marathon, Marathon Running Basics, First Marathon, Marathon, Marathon Running, Jogging For beginners, Marathon Training For Beginners, Marathon Training, Marathon Guide, Marathon Preparation, Marathon For Beginners, Marathon Basics, Running, Running For Beginners, Completing A Marathon, First Marathon, Marathon Running Basics, First Marathon, Marathon, Marathon Running, Jogging For beginners, Marathon Training For Beginners, Marathon Training, Marathon Guide

## Book Information

File Size: 838 KB

Print Length: 52 pages

Simultaneous Device Usage: Unlimited

Publisher: HRD Publishing (January 15, 2015)

Publication Date: January 15, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00SBVG3LU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #73,483 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field #22 inÂ Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors #26 inÂ Books > Sports & Outdoors > Other Team Sports > Track & Field

## **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 if 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 guidelines 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 Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools 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) Filing the FAFSA, 2015-2016 Edition: The Edvisors 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) 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: 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) The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond "the Wall" Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon The Ultimate Running Guide: Dominate Every Run The Mile 5k 10k Half Marathon Marathon Javascript: A Pocket Key to JavaScript for beginners (JavaScript Programming, JavaScript Beginners, JavaScript for web developers, JavaScript Beginners Guide, Java Programming for Beginners) Medical Assistant Exam: Preparation for the CMA and RMA Exams (Medical Assistant: Preparation for the CMA & Rma Exams)