Run Your First Marathon: Everything You Need to Know to Reach the Finish Line

Grete Waitz, Gloria Averbuch

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Do you consider yourself too old or out-of-shape to run a marathon? Do you fear that you lack the conditioning, motivation, or emotional strength to finish? If so, Grete Waitz, nine-time winner of the New York City Marathon, has a program for you that has proven to help would-be racers do what they thought was impossible: complete their first marathon. In *Run Your First Marathon*, Waitz offers:

- A 16-week training program that has been proven successful time and time again
- Methods for physically and mentally preparing to start and finish a marathon
- Helpful tips regarding equipment, nutrition, and hydration
- Guidance to help overcome motivational and physical roadblocks
- And much more!

Now updated, with advice on 10Ks and other shorter races, *Run Your First Marathon* will empower runners with the courage to train, the willpower to persevere, and the tenacity to reach the finish line. Complete with sixty color photographs and information on the most current, cutting-edge trends in long distance running, this essential reference will make your marathoning dreams come true.

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From reader reviews:

Bertha Underwood:

Often the book Run Your First Marathon: Everything You Need to Know to Reach the Finish Line has a lot info on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. Tom makes some research prior to write this book. This book very easy to read you can find the point easily after reading this article book.

Bruce Jackson:

Why? Because this Run Your First Marathon: Everything You Need to Know to Reach the Finish Line is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will shock you with the secret that inside. Reading this book close to it was fantastic author who all write the book in such wonderful way makes the content inside easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of benefits than the other book have got such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I had been you I will go to the publication store hurriedly.

Dorothy Betancourt:

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