



# **The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools, and Training to Get You from Sign-Up to Finish Line**

*Fraioli Mario*

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Rock your run with *The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training*! This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great.

Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program.

Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course.

The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the *Official Rock 'n' Roll Guide*, you'll be ready to rock your marathon or half-marathon.

- 4 marathon and half-marathon training programs
- Beginner plans and advice for your first race
- Half and full-course plans for experienced runners
- Rock 'n' Roll course tips, picks, and tricks

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This The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools, and Training to Get You from Sign-Up to Finish Line book is just not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this reserve incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This specific The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools, and Training to Get You from Sign-Up to Finish Line without we realize teach the one who reading through it become critical in pondering and analyzing. Don't become worry The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools, and Training to Get You from Sign-Up to Finish Line can bring when you are and not make your handbag space or bookshelves' turn into full because you can have it in your lovely laptop even mobile phone. This The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools, and Training to Get You from Sign-Up to Finish Line having great arrangement in word along with layout, so you will not truly feel uninterested in reading.

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**Vincent Espinoza:**

This The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools, and Training to Get You from Sign-Up to Finish Line is great guide for you because the content which can be full of information for you who always deal with world and get to make decision every minute. This kind of book reveal it data accurately using great arrange word or we can claim no rambling sentences included. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but tricky core information with splendid delivering sentences. Having The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools, and Training to Get You from Sign-Up to Finish Line in your hand like finding the world in your arm, data in it is not ridiculous a single. We can say that no e-book that offer you world within ten or fifteen minute right but this book already do that. So , it is good reading book. Hey Mr. and Mrs. stressful do you still doubt that will?

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