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Nota di contenuto	Intro -- Contents -- Warmup -- 1. The Mystique of the Marathon -- 2. Learning to Love Running -- 3. Your Very First Steps -- 4. Different Views of the Marathon -- 5. Number One -- 6. 10 Marathon Truths -- 7. Striving to Improve -- 8. Building Mileage -- 9. Running Long -- 10. The Half -- 11. The Full -- 12. Speed Work for Distance Runners -- 13. Defensive Running Strategies -- 14. Planning for Peak Performance -- 15. Women's Marathoning -- 16. The Magic Taper -- 17. The Distance Runner's Diet -- 18. The Perfect Pace -- 19. Charities -- 20. Race Day Logistics -- 21. Drinking On the Run -- 22. Mind Games -- 23. Mile 27 -- Appendix -- Cool Down -- Index.