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Autore	Higdon Hal
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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.
Sommario/riassunto	Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment. Marathons and--more than ever--half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years. New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people's ability to train intelligently, means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth. At the core of the book is Higdon's clear and essential information on training, injury prevention, and nutrition. With more than 25 percent new material, this fourth edition of a running classic is a must-own for both

longtime runners and those new to the sport.
