



Basic Marathon Training: All the Technique and Gear You Need to Get Started (How To Basic Series)

Leigh Ann Chow

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Valuable advice on race day strategy, post-marathon recovery, and setting your next goal More and more people are realizing that running a marathon is not only achievable, but that training to complete the event can actually be an enjoyable and immensely fulfilling experience. *Basic Marathon Training* gives novice runners the base of knowledge they need to start training for their first 26.2-mile marathon. Filled with helpful tips and advice, this book provides essential information for beginners to get from the first day of training through to the finish line and beyond.

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