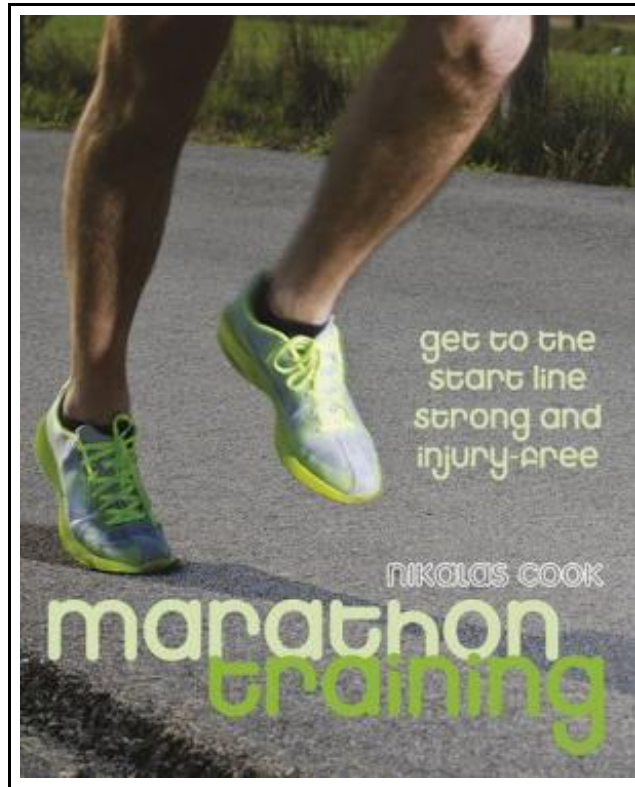# Marathon Training

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MARATHON TRAINING

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The Crowood Press Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 216 x 176 mm. Language: English . Brand New Book. Each year, thousands of people are inspired to don their running shoes and take on the challenge of a marathon. But on the road to the finish line many marathon hopefuls fall by the wayside, struck down by injury. Largely to blame are plans that are too running intensive or that don t prepare the body for running and ignore correct technique. In this book, published for the first time in paperback, Nikalas Cook adopts a cross-training approach to running. Into his plan he incorporates functional strength training, complementary activities such as cycling and swimming, and only three focused running sessions per week to deliver you to the finish line 100 prepared and injury-free. In 28 weeks, you can go from being a complete non-runner, through your first 5k, 10k or half-marathon, and finally on to success in the full 26.2 miles of the marathon.

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