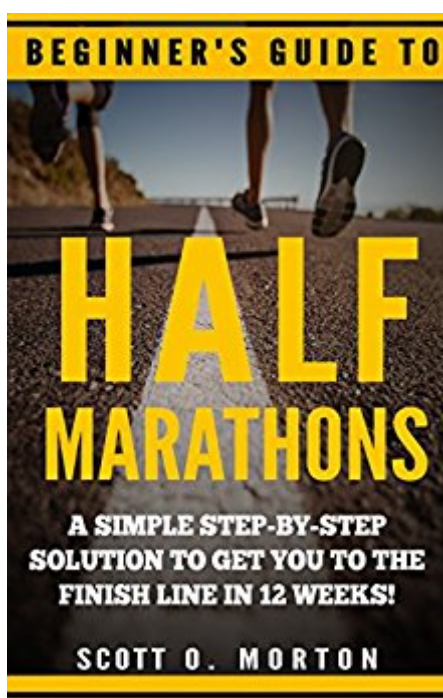


The book was found

Beginner's Guide To Half Marathons: A Simple Step-By-Step Solution To Get You To The Finish Line In 12 Weeks! (Beginner To Finisher Book 4)



Synopsis

Do you want to complete a half marathon?Â Beginner's Guide to Half Marathons,Â reveals in the first chapter how an average person, with no prior running history, completed a half marathon in as little as 12 weeks - injury free. Â Beginnerâ™s Guide to Half Marathons gets straight to the point. This book is a short read that will allow you to start training in no time at all. The organized chapters guide you through everything you need to know about finishing your first half marathon step by step. Whether you plan on walking or running a half marathon, this guide is packed full of valuable information for beginners.Â This book includes:How to pick your race.Clothing, shoes, and wearables.How to determine your paceHalf marathon pace predictorWalk only method.Walk/Run method.Run method.Only four days a week of training requiredNutrition.Race/Training fueling.Glycogen stores.Hydration.Carb loading.Race day action lists.Post race recovery.Motivation.Weekly running instructions.BONUS: Free downloadable Training Schedules (link in book).Free downloadable Log sheet (link in book).Whether you are training for your first half marathon or on your way to training for a marathon, this book uses a practical approach getting you to the finish line safely and without eating up tons of time during your training cycle. Join me as a first-time half marathon finisher!

Book Information

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Customer Reviews

As a beginner of long distance running, I tried mini marathon 2 weeks ago mostly walk. For my age (58 years), I like cycling very much to keep me healthy but it's hard to carry a bicycle from the third floor of my apartment to the ground. It causes my back pain sometime, therefore I try running. So I need a kind of a guide book. After searching through kindle, I found this book interesting specially for average person and step by step made my decision to buy it. It's good for beginners like me, even I've not yet practice any steps just finishing reading. Easy to read and understanding clearly!. I particularly like the section of the power of affirmations.

I have previously run 2 half marathons in the past year so I did not really learn much that was new. The book, however, has some good common sense advice for someone that has not run this distance before. I was especially pleased that the author included some post race advice.

I will be running my first half sometime in 2018. This book gave me a quick insight of what i need to do.

Really good read for beginners getting into this chapter of running.

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