



# Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons

By Hal Higdon

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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.

Since its original publication in 1993, Higdon's definitive manual has sold over a quarter of a million copies through all channels. The book is such a consistent seller for many reasons, but above and beyond all the others is this one: It works. At the core of the book remains 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 will be a must-own for both longtime runners and those new to the sport.

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**By Hal Higdon Bibliography**

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### **Editorial Review**

From Library Journal

Though the running boom appears to have peaked and even tapered off somewhat, the marathon is still the ultimate running experience for many runners. Higdon's book, although well written, offers very little in the way of new information on training for or running the marathon. Previously published works such as Joe Henderson's *Complete Marathoner* (Anderson World, 1978), Andy Friedberg's *How To Run Your First Marathon* (S. & S., 1987), and Ricard Benyo's *Making the Marathon Your Event* (Random, 1992) offer very similar advice. However, Higdon's anecdotal style provides entertaining reading and may inspire aspiring marathoners. The author provides details of many of his personal marathon experiences as well as those of other top American marathoners such as Bill Rodgers, Don Kardang, and Dick Buerkle. This book will appeal to general readers seriously considering training for their first marathon. For large sports collections.

- Susan L. Patton, *Tennessee Valley Authority, Knoxville*

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### **Review**

"Will get any runner across the finish line of a marathon. I highly recommend it," said Olympic-marathon gold medalist Frank Shorter.

"There's plenty of sound training advice here for runners of all levels," said Ken Sparks, PhD, who achieved a marathon personal record of 2:28 at age 46.

From the Publisher

"This is a competent, well-organized guide for runners of all levels." --*Booklist*

### **Users Review**

#### **From reader reviews:**

##### **Michael Gibson:**

Playing with family in a very park, coming to see the ocean world or hanging out with friends is thing that usually you could have done when you have spare time, in that case why you don't try point that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons, you can enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

##### **William Fiscus:**

Reading a book to get new life style in this 12 months; every people loves to go through a book. When you study a book you can get a large amount of benefit. When you read books, you can improve your knowledge,

because book has a lot of information onto it. The information that you will get depend on what kinds of book that you have read. If you want to get information about your review, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these us novel, comics, in addition to soon. The Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons will give you new experience in looking at a book.

#### **Deborah Martins:**

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#### **Katherine Velasquez:**

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