



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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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:

Juan Hinkson:

In this 21st millennium, people become competitive in each and every way. By being competitive at this point, people have to do something to make themselves survive, being in the middle of typically the crowded place and notice by means of surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. That's why, by reading an e-book your ability to survive increases then having a chance to stand up than other is high. For yourself who want to start reading a book, we give you this particular *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* book as basic and daily reading reserve. Why, because this book is usually more than just a book.

William Chestnut:

As people who live in the modern era should be aware about what is going on or information even knowledge to make themselves keep up with the era that is always changing and making progress. Some of you maybe will

probably update themselves by studying books. It is a good choice to suit your needs but the problems coming to anyone is you don't know which you should start with. This *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* is our recommendation so you keep up with the world. Why, as this book serves what you want and need in this era.

Wendell Radford:

The event that you get from *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* will be the more deep you digging the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to know but *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* giving you thrill feeling of reading. The article writer conveys their point in specific way that can be understood by anyone who read that because the author of this publication is well-known enough. This particular book also makes your vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* instantly.

Carl Harber:

The book untitled *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* contain a lot of information on that. The writer explains the girl idea with easy method. The language is very clear and understandable all the people, so do not worry, you can easy to read this. The book was written by famous author. The author will bring you in the new time of literary works. It is possible to read this book because you can continue reading your smart phone, or gadget, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site as well as order it. Have a nice study.

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