



Marathon Training: A Practical Guide to Preparing Yourself for Marathon Running (Marathon Training, Tips and Advice, Running for Beginners) (Volume 1)

Sam Hignett

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Marathon Training. A Practical Guide to Preparing Yourself for Marathon Running

Have you started running and want to take it to the next step? Then this guide is for you Completing a Marathon and finishing those 42.195km is the top of any serious runners to do list. If you just started your running journey and would like to take it to the next level then this guide is for you. In this book we will cover all the basics and some of the more in-depth subjects you will need to give yourself the very best chance of succeeding in your quest to become a Marathon Runner. **Take your first step to completing your first marathon and get this guide now** So, whatever your motivation, whether it be raising money for charity or it is simply one of the goals on your bucket list, download this guide now and find out how to get started on your journey.

Here's A Preview Of What You'll Learn...

- What is a Marathon
- Selecting The Right Kit
- Essential Information To Get You Started
- Correct Nutrition and Hydration
- Marathon Training Plans
- Staying Motivated
- And Much More!

Get your copy today to receive all of this information! Tags: Marathon Training, Marathon Preparation, Marathon Running for Beginners, Running for Beginners, Running, Completing a Marathon, Marathon Training, Marathon Basics, marathon Race Day, First Marathon, Marathon Running, Marathons for Dummies

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