



# 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**

- Sales Rank: #10027 in Books
- Brand: Rodale Press
- Published on: 2011-09-27
- Released on: 2011-09-27
- Original language: English
- Number of items: 1
- Dimensions: 230.12" h x 20.95" w x 6.08" l, .95 pounds
- Binding: Paperback
- 304 pages

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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:**

**Joseph Owens:**

Do you one of people who can't read gratifying if the sentence chained inside straightway, hold on guys that aren't like that. This *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* book is readable through you who hate those perfect word style. You will find the info here are arrange for enjoyable examining experience without leaving actually decrease the knowledge that want to offer to you. The writer regarding *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* content conveys the thought easily to understand by a lot of people. The printed and e-book are not different in the information but it just different as it. So , do you nevertheless thinking *Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons* is not loveable to be your top listing reading book?

**Eileen Williams:**

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**Melanie Pemberton:**

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**John Smithers:**

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