



Marathon Training for Beginners: A Guide on Completing Your First Marathon and Training Plan

K P Foster

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Have you ever wanted to complete a marathon? This guide will help you to achieve those dreams Many runners dream about completing a marathon. Its the pinnacle of any runners ambition to run those 42.195km. Many runners never realize those dreams but with this guide you can give yourself a fighting chance of running's ultimate endurance test. Even if you don't want to complete a marathon this book is packed full of handy hints and tips to take your running to another level. Running is inclusive and affordable. Of all the sporting challenges running a marathon is the most attainable to the average person at home. People from all walks of life complete marathons every year. This said its still an exclusive club to join when a marathon is actually completed due to the mental and physical demands placed on oneself in order to finish the race. This is where this book comes in. Give yourself the best chance of success and get this guide now!

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
- Mental Preparation
- Staying Motivated
- Race Day Preparation
- 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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