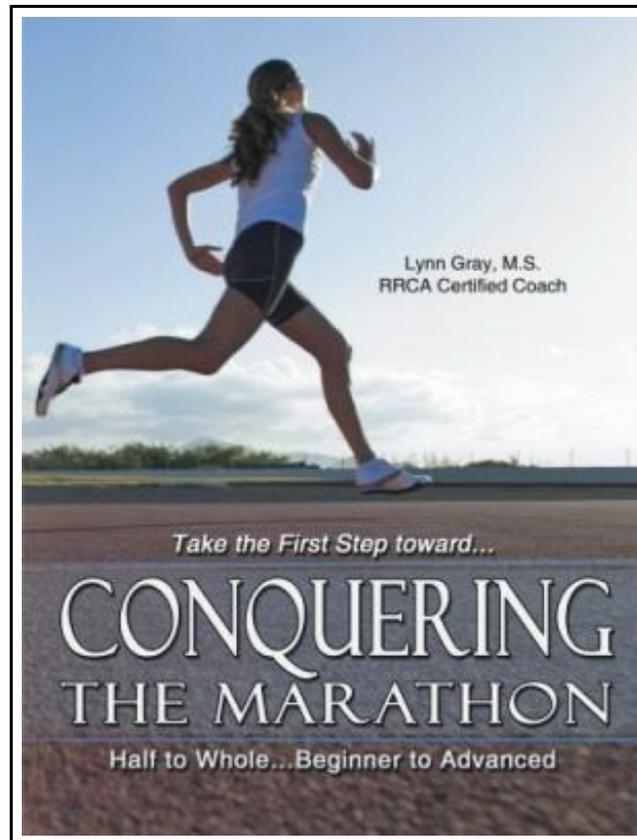


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CONQUERING THE MARATHON: HALF TO WHOLE.BEGINNER TO ADVANCED (PAPERBACK)



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AUTHORHOUSE, United States, 2012. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.Conquering The Marathon is written for those thousands of individuals now joining the long distance movement of half and whole marathons. Distance walking and/or running should no longer be geared only toward those who are already physically fit, but also for people who are physically untrained. Conquering The Marathon addresses adults who possess very basic levels of fitness, yet want realistic guidance as to how to pursue aerobic fitness such as distance walk to run ratio movement. It is also written for the beginning and seasoned distance runner who strives to reach their physical and aerobic potential. The reader has a year of progressive training schedules, with weekly training tips plus detailed muscular and agility exercises specific for long distance movement. The book also contains a detailed nutrition plan for the active person along with 100 various workouts for all levels of aerobic movement. The content found in Conquering The Marathon will influence and motivate the unfit, those getting fit, and those who are fit.

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