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Improve Your Marathon and Half Marathon Running

David Chalfen

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An accessible, jargon-free guide for athletes committing to improving their running at either distance

Providing valuable advice for marathon runners, this guide focuses on both increasing competition experience and structuring more advanced training programs. It covers training plans and principles; evolving training programs as a runner's experience increases; methods for cross-training in other disciplines; and principles for athletes to examine the biomechanics of their running to improve performance. It also discusses the benefits of coaching, offers training case histories of successful athletes, and provides practical nutritional advice to manage the distance.

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