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A REGULAR PERSON'S

GUIDE

TO THE JOY

OF RUNNING

OR WALKING

A HALF-MARATHON

OR MARATHON

MARATHONING for MORTALS

JOHN "THE PENGUIN" BINGHAM.

RUNNER'S columnist and author of No Need for Speed.

and

COACH JENNY HADFIELD, M.A., C.P.T.



Resumo de Marathoning for Mortals

John 'the Penguin' Bingham is one of the slowest men in sneakers. But the beloved Runner's World columnist has a message for those who think long distances are for the super-fit alone: You can do it, too!

Along with his coach Jenny Hadfield, Bingham has written the ultimate everyman's guide to taking on the 13- or 26-miler, delivered with the confidence of one for whom slow and steady is a way of life.

-Includes specialized programs for walking -Offers a unique half-marathon training program -Gives tips on how to gauge your level of readiness - Helps runners design new training programs as they get stronger and faster -Pays special attention to injury prevention Along the way, Bingham cautions his students to love the journey, not just the finish line.

Let the other guy worry about trophies-Bingham and his students have a race to run.

Acesse aqui a versão completa deste livro