



Running a Marathon For Dummies

By Jason R Karp



Running a Marathon For Dummies By Jason R Karp

Get ready to run the race of your life

Marathons in the U.S. have seen record increases in participation during the past few years. *Running a Marathon For Dummies* helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level.

Running a Marathon For Dummies gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, *Running a Marathon For Dummies* offers tips and advice for how to continue improving performance through drills, exercises, and other techniques.

- Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners
- Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood
- Gives you drills, exercises, and techniques to improve your endurance

Whether you're a couch potato or a regularly hit the asphalt, *Running a Marathon For Dummies* gives you everything you need to run the race of your life.

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Editorial Review

Review

I do own a few running and triathlon text books but they are pretty hard going and rather technical. If you have read any other books in the Dummies series you'll know that they are extremely good at demystifying complex subjects. I imagine I'll be referring to them a lot over the coming months. (Trihard, November 2012)

From the Back Cover

Get ready to run the race of your life

Are you an aspiring marathon runner afraid of hitting the wall? Have no fear! *Running a Marathon For Dummies* gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you through the steps of training for and running your first 26.2-mile marathon — and beyond. So what are you waiting for? Lace up your running shoes and get ready to move!

- Get a leg up — find out how much time you'll need to train for running a marathon, pick the right running shoes, and get to know the running techniques to keep you moving without injury
- It's a plan, man — get a 20-week training plan that safely (and effectively) gets you to the finish line — no matter your status as a beginner, intermediate, or advanced runner
- Beyond the asphalt — round out your fitness plan with strength training, cross-training, and stretching activities that'll get you in shape to run your heart out
- Stay on track — ease race-day jitters with time-tested advice on slowing down, giving your body a much-needed break, and getting through the race without losing your cool

Open the book and find:

- The physiology of running a marathon
- The proper gear you'll need
- Trusted guidance on creating a marathon training plan
- How to identify and prevent common running-related injuries
- The 4-1-1 on stretching, crosstraining, and recovery during training
- Practical and motivational pre-race strategies
- Ten things to do on marathon race day

Learn to:

- Train for your first marathon no matter your skill level
- Improve your performance through drills and workouts
- Successfully complete your first or fastest race

About the Author

Jason R. Karp, PhD, is a nationally recognized running and fitness coach, freelance writer and author, and exercise physiologist. He is the owner of RunCoachJason.com, a running coaching and personal training company, and the 2011 IDEA Personal Trainer of the Year.

Users Review

From reader reviews:

Alberto Holbrook:

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Sharon Hardin:

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Dana Register:

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Salvatore Anthony:

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